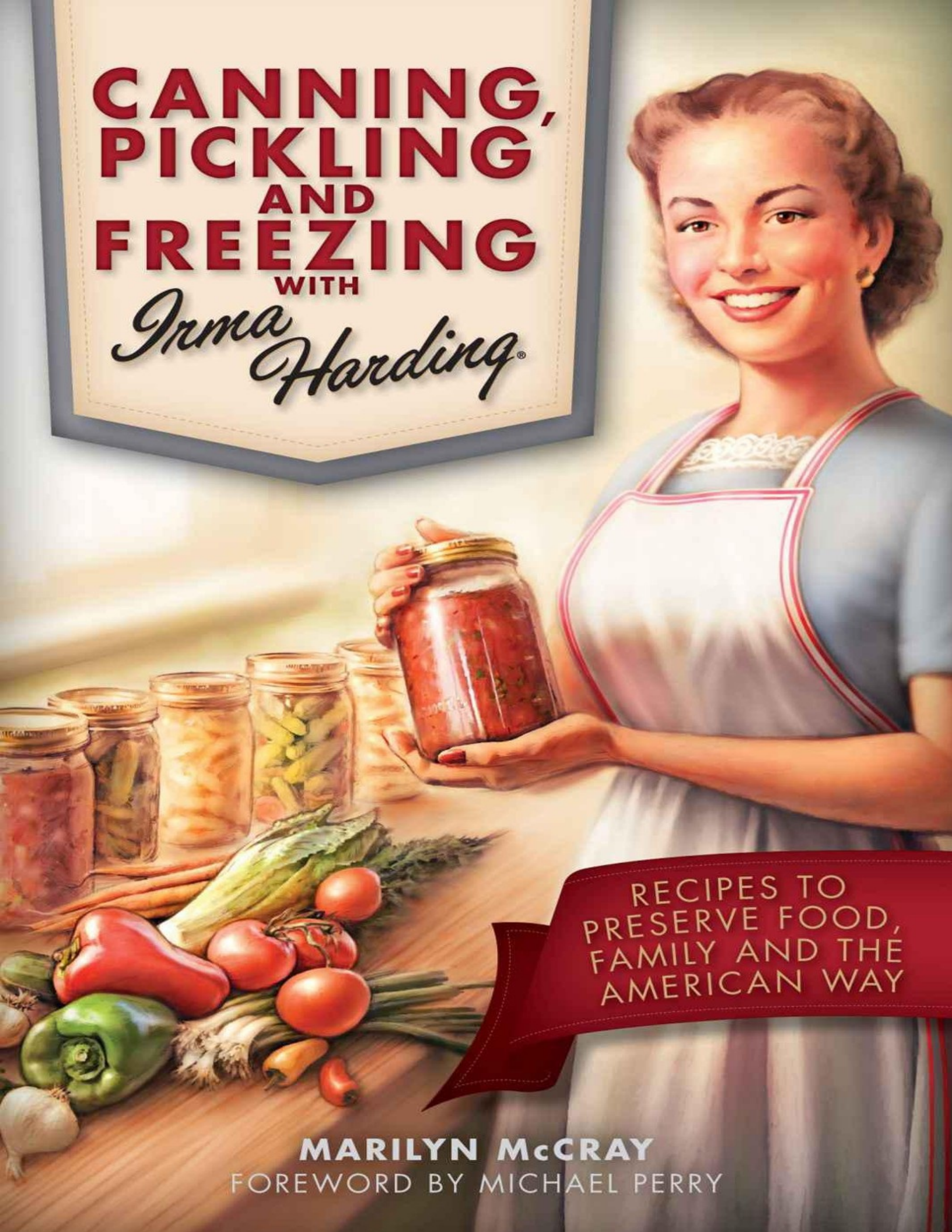


CANNING, PICKLING AND FREEZING WITH

Irma Harding®



RECIPES TO
PRESERVE FOOD,
FAMILY AND THE
AMERICAN WAY

MARILYN McCRAY
FOREWORD BY MICHAEL PERRY

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Canning, Pickling, and Freezing with
Irma Harding

**RECIPES TO PRESERVE FOOD, FAMILY,
AND THE AMERICAN WAY**

Marilyn McCray

**FOREWORD BY
MICHAEL PERRY**

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I Had the Hots for Irma Harding

By Michael Perry

Once upon a time I fell in love with a woman who didn't exist.

We met on eBay. I was a perpetual bachelor writing a book about my enduring romance with a rusted and brakeless 1951 International Harvester pickup truck and had logged into the auction site for purposes of "research" (defined in this case as endless hours spent engaging other perpetual bachelors in bidding wars over vintage floor mats).

Over the course of all this lonely auctioneering, I noticed that whenever I entered the search terms "International Harvester," the name "Irma Harding" kept popping up in the results, often in the context of cookbooks. I was more interested in carburetor parts and old hubcaps than retro recipes, so at first I ignored these entries. But then, late one night, alone in my room, I clicked.

And there, beaming from the cover of *Irma Harding Presents Freezer Fancies*, I saw that face.

She is a strong woman. You feel that in the frankness of her gaze. As I wrote at the time, *this woman would brook no sass*. And yet, even as her posture and hairstyle convey tidiness and discipline, the glint in her eye hints that once the freezing and the canning are complete, there is fun to be had.

More clicking followed, and shortly I developed a ridiculous virtual crush.

I say "virtual," because I soon discovered that Irma was not real. There were clues, of course. I suspected it was no coincidence that her initials matched the initials on the logo of the company—International Harvester—whose home appliances she promoted. And then there was the matter of the tiny copyright mark tucked just below her collar. Strong woman she might be, she was still the creation of advertising men—a Betty Crocker for the truck and tractor set. I did find some redemption in discovering she was painted by Haddon Sundblom, the same man who gave us the original Coca-Cola Santa Claus. In that sense, I suppose you could say Irma was Santa's sister. Or—and I can't believe this didn't occur to me until just now—*Mrs. Claus*!

Despite the hopes of advertising men that Irma might become as well-known as Santa's wife ("Millions Will Follow Her Counsel and Leadership . . . Millions Will Call Her Their Friend," read the *International Harvester Dealer News* on the day Irma was introduced to the world), it didn't work out that way. When

International Harvester discontinued its home appliance business, Irma went into seclusion, relegated to the pressed pages of old magazines, forgotten boxes of freezer supplies, and—eventually—the eBay accounts of lonely bachelors.

I'm married now. Happily. To a real woman. I wrote about our courtship in that truck book I was working on. My wife knows about Irma. There was no keeping the secret, because it's right there in the first line of this piece. These days Irma and I are—as the dread phrase has it—just friends. I still visit her on eBay now and then, but I don't bid.

Recently I learned that Irma has returned to work for her old company (appearing on cans of slow-roasted peanuts, for starters). A resurrected icon of hardy Americana, she is intended to appeal across genders and generations. Will she overtake Mrs. Claus? Nah. But sometime soon, some bachelor will reach for a can of peanuts, see that face, and never be the same again.

Michael Perry is a New York Times bestselling author, humorist, and radio show host from Wisconsin. Perry's bestselling memoirs include *Population: 485*, *Truck: A Love Story*, *Coop* and *Visiting Tom*. In *Truck: A Love Story*, Perry's first chapter details his affection for Irma Harding and how he became her biggest fan. He is a contributing editor to *Men's Health* magazine and his essays have appeared in *The New York Times*, *Esquire*, *Backpaper*, *Outside*, and *Runner's World*.



One of the many International Harvester models gazing long and meaningfully into the heart of an International Harvester 8H3 Deluxe. Wisconsin Historical Society / 27020F-4

Introduction

This guide will provide you with simple and easy ways to have tasty, healthy food all year round in much the same way Irma Harding, through the home economists at International Harvester, worked to simplify methods of preserving fresh foods for homemakers of the 1940s and '50s. You will find basic methods and procedures of preserving from the past, as well as new methods that take less time, effort, and equipment. There are also recipes from Irma Harding—tried and true traditional favorites as well as new recipes to add to your repertoire.

There is a rich tradition of canning and preserving in America. Farm women with abundant seasonal, homegrown food understood the need to preserve. During World War I, liberty gardens and home canning were promoted as patriotic duties. With the Great Depression, preserving food became an economic necessity for self-sufficiency, and the land grant colleges promoted improved canning methods and nutrition in their new publications and home demonstration classes. During World War II, more than 40 percent of U.S. homes had victory gardens and much of the produce was canned and preserved.

With postwar rural electrification, farmers began installing freezers, which provided new ways of preserving food. As the urban way of life, complete with its convenient foods and the desire to discard labor-intensive recipes, replaced the rural, preserving and storing food slowly lost importance.

Once the domain of our grandmothers, canning and preserving have made a comeback. Inspiration has come from modern-day proponents of the domestic arts such as Martha Stewart and Food Network stars from Emeril Lagasse to Alton Brown. Manufacturers of canning goods report record sales of their products, mixes, and ingredients. Many local award-winning businesses are springing up around the country to offer canned and preserved delicacies.

A new generation has been bitten by the canning and preserving bug. There is a new nostalgia for blue-ribbon county fair recipes and a longing for homemade comestibles. Farmers markets, the locavore movement, and rising interest in sustainable living are all compelling reasons for this revival. The new frugality, economic necessity, and back-to-the-basics movement also drive interest in traditional cooking and preserving. Today, most home-canned foods are used in the kitchens where they were produced. Friends gather for canning parties. It's cool to can.

Who's canning today? A recent survey by Jarden Home Brands, the makers of

Ball jars, shows that the new canners are hardly the grandmotherly types, with 50 percent of respondents under the age of 45 and 26 percent under 35. They are both men and women. Canning and preserving have spread across the Internet like wildfire. There is a proliferation of websites and an explosion of canning blogs from all parts of the country, complete with advice and recipes. Social media platforms such as Facebook and online newsletters are digital components of this growing preserving trend, as are message boards and forums that help home canners compare notes and share ideas. A bumper crop of colorful magazines and cookbooks complement online activity.

As large online canning communities have developed, many have created canning-centric events. The Food Swap Network connects members of local food communities, who share homemade foods through recurring in-person events. The first “Swappers” met in Kate Payne’s 700-square-foot Brooklyn apartment in 2010. Canning Across America (CAA) is a nationwide, ad hoc collective of cooks, gardeners, and food lovers committed to the revival of the lost art of “putting up” food. Their goal is to promote safe food preservation and the joys of community-building through food. At Can-o-Rama, a national weekend of home canning and preserving, members gather with friends and family around canning kettles.

From luscious homemade jams and jellies to tart, crisp pickles, Irma invites you to follow the suggestions in this book to create new traditions and make delicious new memories. Delight the taste buds just once with mouth-watering flavors, and you will find that store-bought doesn’t even come close.

Meet Irma Harding

By Marilyn McCray with Cindy Ladage

The refrigeration era at International Harvester began in 1945 as electricity spread across America's rural heartland. IH had been known worldwide for its farm machinery, trucks, and cream separators, but as demand for household appliances increased as soldiers returned home from the war, IH began to produce refrigerators, air conditioners, and freezers for household use. With the opening of IH's Evansville, Indiana, plant, the production of refrigerators and freezers was in full swing by 1946.

Company executives devised a plan to market the new refrigeration products alongside tractors and other farm equipment in the network of IH dealers located in almost every small rural community. The local dealership leant itself to one-stop shopping for the small town. The company distributed ads and promotions aimed at farm women for those dealers. They believed that a genuine concern for the farmer and his family was good for International Harvester. For many, refrigeration was a new concept and it was necessary to educate homemakers on the proper freezing of food, so one way that the dealerships promoted their products was with seminars at which a dealer's wife or home economist demonstrated the benefits of freezing. The October 1948 issue of the *International Harvester Dealer News* introduced Irma Harding, the new face of IH refrigeration. Like Betty Crocker and other "live trademark" characters of the day, Irma was created to relate to the homemaker and gain her trust. Serving as the smiling ambassador of goodwill for the local International Harvester refrigeration dealer, Irma's role was to showcase the new appliances and food-saving systems and to help educate homemakers about their time-and money-saving qualities and the healthy benefits of freezing food. As the 1948 article proclaimed, "Soon millions will follow her counsel and leadership. Millions will call her friend."

Freezing IS THE FASHION

for modern homemakers



INTERNATIONAL HARVESTER

Refrigeration

Freezing is the Fashion by Irma Harding.

International Harvester *Freezers*

...A SIZE FOR EVERY FAMILY!

Now small, medium and large families—in fact *all* families—can enjoy the multiple advantages of IH Food Freezers! Three different sizes fit your needs...keep you prepared for any emergency! Freeze food—it's quick and easy. Store food—it saves time and work later on. Enjoy more leisure time...less kitchen work...with an IH Freezer.



Heavy Duty Freezer
15.8 cubic-foot

Big Roomy Freezer
11.3 cubic-foot

Convenience Freezer
4.2 cubic-foot

...and a word from **IRMA HARDING**
famous IH Home Economist

Every International Harvester Refrigerator and Freezer has been designed to help *you*! If you could visit our busy Home Economics Department and see the careful planning, developing, testing and checking that takes place daily in our kitchens and laboratories, you would know why IH products are the choice of wise homemakers, the country over! Our home economists have years of practical experience, and all the new and advanced ideas that mean progress in the kitchen. This is your assurance of quality...service...dependability—of complete satisfaction!

INTERNATIONAL HARVESTER COMPANY • CHICAGO 1, ILLINOIS

Irma Harding was the fictional spokesperson for the International Harvester Company's line of freezing and refrigeration products.

The first portrait of Irma was created by noted Chicago commercial artist Haddon Sundblom, the creator of some of the day's most famous and ubiquitous corporate icons, including the rosy-cheeked Coca-Cola Santa, the Quaker Oats

corporate rooms, including the lobby, featured Coca-Cola vending machines, the Quaker Oats man, and Aunt Jemima. Ann Pfarr, an IH employee, served as the model and was paid nine dollars.

Irma Harding became a popular name among rural families and it's no coincidence that her initials were I. H. She was attractive, mature but youthful-looking, competent, and warm. She represented all things that were good in the life of an American homemaker, and her personality combined authenticity with pastoral wholesomeness. Irma was the friendly home economist who appeared in ads and on packaging, and "authored" IH-produced pamphlets and cookbooks. In reality, she was a composite of five home economists who worked in the test kitchen at the Evansville plant and became known as the Irma Harding Girls. When women wrote to Irma for advice, it was these home economists who answered their questions. This was no small feat because Irma Harding's kitchen received more mail than any department in the plant. Each of the five women was educationally well qualified for the job and was a homemaker in private life. They approached problems as food scientists as well as family cooks on a budget.

The IH kitchen was specially created to develop recipes, new food-storage systems, and freezing and thawing techniques. The Irma Harding women would experiment, if necessary, to find answers to the questions. They wrote the books and pamphlets that contained the recipes under the Irma Harding name, but it was Irma's image that graced many of these publications' covers, including *How to Freeze Foods*, a lavishly illustrated 64-page booklet that came with every International Harvester freezer.

In 1947, Ruth Whiting became the first home economist hired by International Harvester to supervise the operations of the home economic refrigerator division where she trained the women who educated the public through the dealerships. More than 100 home economists in the field demonstrated techniques of freezing foods to prospective buyers—the farmers and their wives. Many demonstrations were standing room only as the home economists visited dealers, electric cooperatives, and state fairs for promotions at which they quoted only information that Irma Harding had tested. The company used Irma to advertise these demonstrations in local newspapers and on radio. By 1948, the team had completed more than 3,000 demos.

Irma's likeness also adorned packaging for freezing foods that had been developed and laboratory-tested by the International Harvester home economists. Ad copy for the products proclaimed, "It's so EASY to package Frozen Food the RIGHT way." Homemakers were directed to look for the Irma Harding "Seal of Approval" on the full line of freezer packaging materials available only at IH dealers. The branded packing materials in the complete food

storage system ranged from Tite Locker Wrap to freezer cartons and included a Jiffy Sealer and Brush Pen. The ready-to-use Direct-Fill cartons came in various styles and sizes, all with Irma's smiling face.

IH refrigerators and freezers were made for just eight years, from 1947 to 1955, at which time the division was sold to Whirlpool. By 1956, Irma Harding had faded from Main Streets across rural America. Traditional family farms began to dwindle rapidly in number in the 1970s and '80s. A longing for that lifestyle among people who were raised on family farms but who now worked away from the farm exploded. People began to realize that a way of life was quickly disappearing. This nostalgia and romanticism for that largely bygone way of life helped feed the collecting hobby. Conventions and national events such as the International Harvester Red Power Round Up unite like-minded collectors bringing in millions in revenue to local businesses in host locations. With more than 7,000 members, the International Harvester Collectors Club provides a worldwide network for the preservation of history, products, literature, and memorabilia.

New....and
YEARS AHEAD

they're *femineered!*



Model HA 74 Model HA 82 Model HA 83 Model UA 87

1951 INTERNATIONAL HARVESTER REFRIGERATORS



Model HA 84 Model UA 95 Model HA 92

Color-Keyed to Your Kitchen

DOOR HANDLES WITH DECORATOR COLORS KEYED TO YOUR KITCHEN COLOR SCHEME

									
DARK GREEN	PEACH	BLACK	LIGHT BLUE	YELLOW	LIGHT GREEN	WHITE	RED	DARK BLUE	GREY

Art used to advertise the IH line was done with robust color and style.



International Harvester offered a line of Irma Harding–approved packing materials.

Irma has continued to enjoy popularity in the vintage collectibles market, with IH advertising, pamphlets, books, and freezer products selling at garage sales and swap meets and online at sites such as Amazon, eBay, and Etsy. *Harvester Highlights*, the quarterly collectors’ magazine, featured Irma in the December 1995 issue. One dedicated collector of Irma memorabilia confessed that she would kill for a box of Irma-branded aluminum foil, but it had to be in mint condition. After sixty years, Irma Harding has returned. The original Irma Harding image from the ’40s and ’50s has had a makeover. Her image has a retro feel that is best described as “vintage modern.” Her persona is still deeply rooted in the nation’s small-town past, and she continues to evoke memories of all that was good about America. Irma represents traditions that are time-honored and real. We hope that you enjoy the world of Irma Harding and preparing healthy, wholesome foods.



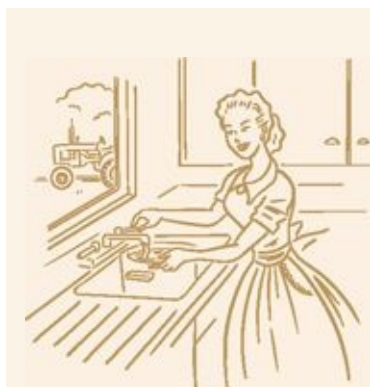
As Irma once said, “You’ll discover that preserving food is really fun.”



CHAPTER 1

The Methods, Equipment, and Processes

THE BASICS



“You are going to find new pleasure in preserving food.” –
IRMA

New to canning and preserving? This guide is a good starting point for exploring the joys of preserving food. This checklist will help you set up your kitchen and start your canning project. It's easier to can than you think. Before you begin, there are just a few things to consider:

- Plan ahead.

- Start with small batches.
- Master one technique at a time.
- Read the guidelines, instructions, and recipes carefully before you start.
- Use the correct processing method and time for each food.
- Organize your work area.
- Select only Mason home Bell and Kerr canning jars. Avoid jars from commercially prepared foods.
- Assemble and inspect jars, lids, supplies, tools, and equipment.
- Diameters of jars vary. Test-load your canner to double-check that all jars and racks fit.
- Success comes from following the recipe and specific manufacturer's instructions to the letter.
- Clean, clean, clean, clean all counters, work surfaces, tools, and equipment.
- Measure, measure, measure and weigh, weigh, weigh for best results.
- Use a timer and process everything precisely. Adjust processing times for

altitude (see [pages 32–33](#)).

- Keep records of any changes you make.
- Label everything with the contents and dates.
- Find cool, dry, and dark storage for jars.
- Recheck seals and packaging before using any product.

Here are some additional tips:

- Select the freshest produce. Choose young, tender vegetables and firm, ripe fruit. Discard anything that is not quite ripe or that is overripe.
- If you have a garden, pick the vegetables when they are the most succulent.
- If you buy from a farm stand or farmers market, buy early in the season so you can be sure to get the freshest products.
- Choose your recipes and methods carefully.
- If you think you've found a recipe you'd like to try, make sure it is from a trusted and current source. It seems every food blogger is canning and the Internet is awash with recipes and alternative canning methods.
- As tempting as it might be to use your great-granny's strawberry jam recipe for sentimental reasons, look for a newer version. Use only tried and true canning methods that destroy harmful microorganisms.
- Guidelines for safe canning methods have evolved over the years. Canning information published prior to 1994 may be incorrect and could pose a serious health risk. For the best and safest results, read the instructions carefully and follow recipes precisely.
- Timing is critical. Don't experiment.
- A shortcut here or there could change the acid level of the food and invite harmful bacteria.





CHAPTER 2

Traditional Water-Bath and Pressure Canning



“I suggest you follow the instructions very carefully.” –
IRMA

Canning preserves food by stopping the actions of microorganisms that create spoilage. Canning, as we know it, began to develop around 1795 when a French confectioner named Nicolas Appert began experimenting with ways to preserve food for Napoleon and the military. Known as the father of canning, Appert discovered that applying heat to hermetically sealed glass bottles preserved food from deterioration. His method was so simple that soon it became widespread. Later, Louis Pasteur would explain how the process killed harmful bacteria and microorganisms, preventing spoilage and illness.

There are two basic canning methods. The water-bath method is for high-acid foods such as fruits and foods pickled with vinegar. Low-acid foods such as nonpickled vegetables, dried beans, meats, fish, and poultry require the pressure-canning method.

Water-Bath Canning

SELECTING FOOD

Select your food with the greatest of care. Use high-acid foods that include fruit, vegetables for pickles, and tomatoes. Wash fruits and vegetables under cold running water, discarding the imperfect and overripe. Prepare food in uniformly

running water, discarding the imperfect and overripe. Prepare food in uniformly sized pieces. Follow the instructions in the recipe precisely.

EQUIPMENT

- A water-bath canner is a large flat-bottom pan or soup pot that has a rack for jars and is deep enough to submerge the jars and allow for appropriate space between the tops of the jars and the water. Do not use cookware made from aluminum, cast iron, or copper that will react with acids and salt. Choose stainless steel or porcelain-covered steel for canning cookware.

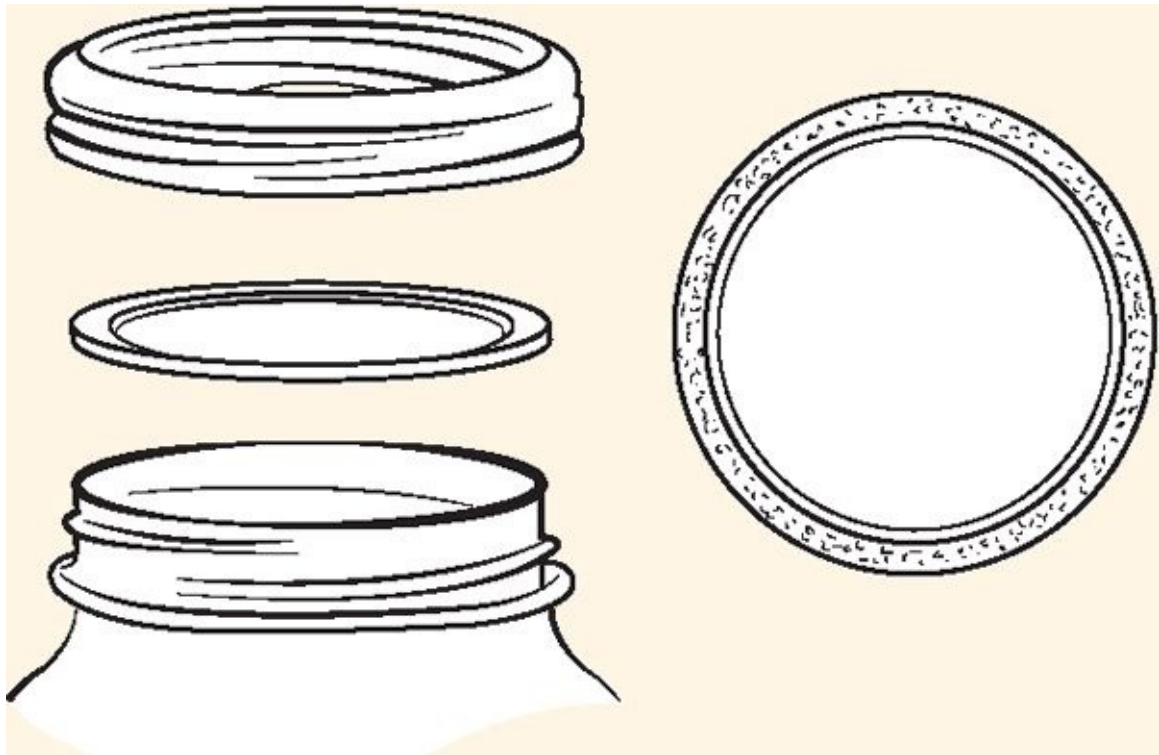


Water-bath canner



Mason canning jars (Ball, Kerr)

- Jar lifter
- Standard-size Mason canning jars. Ball-or Kerr-brand jars:
 - Wide-mouth Mason jars for whole fruits and vegetables
 - Regular Mason jars for salsas, sliced fruits, and vegetables
 - Jelly jars for jams, relishes, and salsas
- Rubber-seal lids and screw-on rings
- Kitchen scale
- Kitchen or candy thermometer
- Food processor, blender, food mill, or potato masher
- Knives, mandolin, peelers, zesters, cutting board, ladles, large and slotted spoons
- Wide-mouth canning funnel
- Debubbler or nonmetallic spatula
- Towels, apron, rubber gloves



Water-Bath Canning Step-by-Step

- 1 Prepare food by following the instructions in the recipe precisely.



- 2 Pretreat lids according to manufacturer's recommendations. Lids are often simmered before using. Some lids require different pretreatments.

- 3 Prepare the jars. Wash thoroughly and sterilize by placing in the canner, covering in hot or boiling water. Follow recipe instructions. The jars can also be cleaned and kept hot in the dishwasher.



- 4 Fill the hot jars with food according to the recipe,



4 leaving the proper headspace room between the top of the food or liquid and the inside of the lid. Remove air bubbles with a debubbler or nonmetallic spatula and wipe rims with a clean cloth or paper towel.

5 Secure lids according to manufacturer's instructions. Place jars in the canner rack so they do not touch.



6 Fill canner halfway with water and heat.

7 Lower the rack into the canner. Add more boiling water if needed and bring to a boil. Mark the level of water on the canner.





- 8** Put jars fitted with lids in the canner rack so they do not touch and the water can circulate. Lower the rack into the canner. Fill to mark with boiling water from earlier step.

- 9** Place the lid on the water-bath canner and bring the water to a vigorous, rolling boil for the specified time. Adjust the time according to the altitude (see [pages 32–33](#)).



- 10** Remove canner from heat. Remove jars and cool carefully, placing on towels or cooling rack on counter.



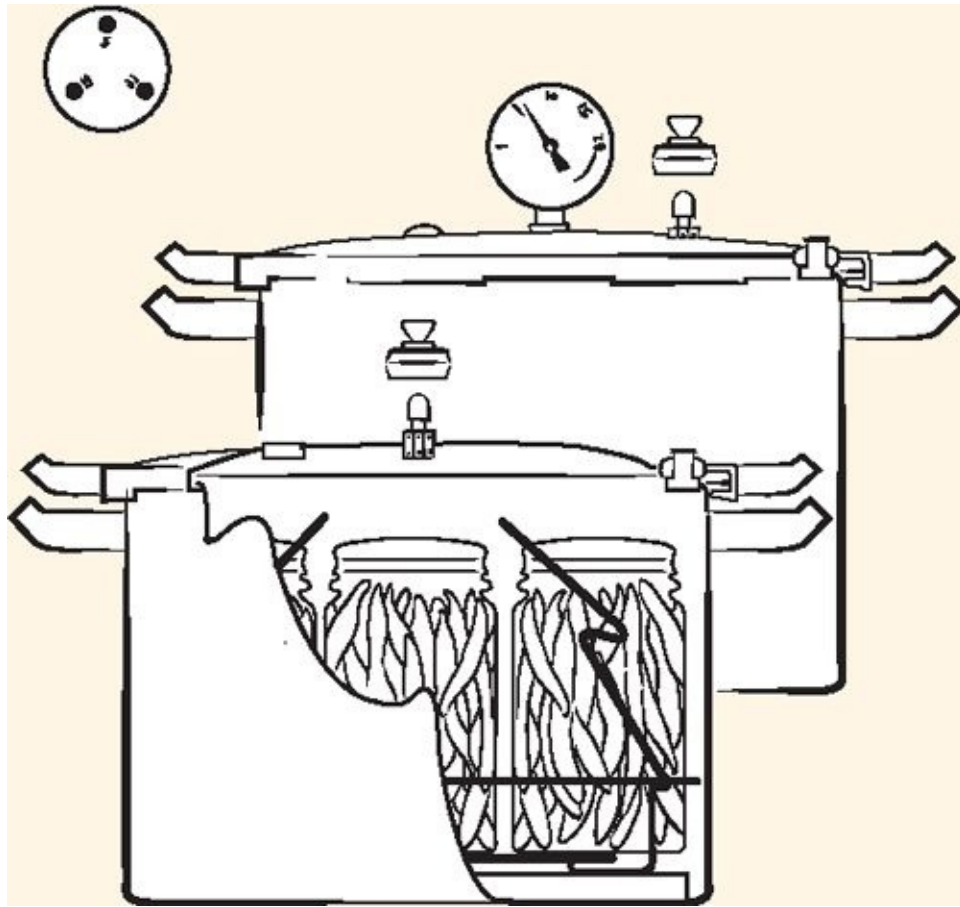
- 11** Test the seal by pressing on the lid. If the lid moves up and down, it is not sealed and the contents should be refrigerated and used in a few days. Wipe jars.

Pressure Canning

Pressure canning is perfect for low-acid foods such as vegetables, poultry, seafood, and meats. Consider mixed vegetable recipes as low-acid foods. Follow the recipe's instructions precisely. Check instructions for raw pack or hot pack methods.

EQUIPMENT

- A pressure canner is a large kettle that has a specially designed lid to form an airtight seal. It comes with a canning rack, a weighted or dial gauge, an automatic air vent, a vent/steam port, and pressure relief valves. Pressure canning differs from water-bath canning in that the jars are not submerged in water. Only in a pressure canner can you achieve a temperature above the boiling point that is necessary for canning low-acid foods. Be sure that your pressure canner is approved by the United States Department of Agriculture (USDA) for pressure canning and is checked by your local extension service at the beginning of each season (see National Center for Home Food Preservation on [page 252](#)).



- Jar lifter
- Standard-size Mason canning jars. Ball-or Kerr-brand jars:
 - Wide-mouth Mason jars for whole fruits and vegetables
 - Regular Mason jars for salsas, sliced fruits, and vegetables
 - Jelly jars for jams, relishes, and salsas
- Rubber-seal lids and screw-on rings to be used according the manufacturer's directions
- Kitchen scale
- Kitchen or candy thermometer
- Food processor, blender, food mill, or potato masher
- Knives, mandolin, peelers, zesters, cutting board, ladles, large and slotted spoons
- Canning funnel
- Debubbler or nonmetallic spatula
- Towels, apron, rubber gloves

Pressure Canning Step-by-Step

- 1** Review the pressure canner's owner's manual before beginning. Additional information may be found on the manufacturer's website. Inspect seals and gaskets for wear or defects before beginning. Have your pressure canner's dial gauge checked by the local extension service each season for accuracy (see [page 252](#)).

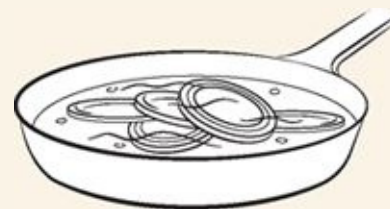
Use half-pint, pint, and quart glass Mason home canning jars. Canning recipes have been developed and tested for exact processing time, pressures, and methods. Half-gallon and gallon jars are not recommended for pressure canning.





2

3 Pretreat lids according to manufacturer's recommendation.



4 Prepare jars. Wash thoroughly and sterilize by placing in the canner, covering in hot or boiling water. Follow recipe instructions. Jars can also be cleaned and kept hot in the dishwasher.

5 Follow the instructions in the recipe precisely. For raw packs, put uncooked food in the jars, then pour boiling liquid specified in the recipe, allowing for the required headspace. For hot packs, place hot food in the jars and cover with boiling cooking liquid, allowing for the required headspace.





6 Add boiling water according to recipe and the manufacturer's instructions. Note differences for raw-pack and hot-pack foods.

7 Place jars fitted with lids in the rack so they do not touch and the water can circulate. Fasten canner lid. Leave weight off the vent pipe.



8 Heat until water boils and exhaust air for 10 minutes before processing to ensure that air is exhausted from the canner and eliminates air pockets from the jars.

Place weight back onto vent pipe. Canner should pressurize in 5 to 10 minutes. Start timer after canner has reached recommended pressure. Follow the instructions in the recipe precisely for timing. Adjust the processing time

9 at an altitude over 1,000 feet above sea level (see pages 32–33).



10 When the proper time has elapsed, turn off the heat or remove the canner from the burner. Allow the canner to cool and depressurize naturally to zero pounds of pressure on its own.

11 Jars should sit in the canner for an additional 5 to 10 minutes to allow them to cool. After cooling, carefully remove jars and place on towels or cooling rack on counter. Leave adequate space around each jar. Allow jars to cool naturally for 12 to 24 hours.



ALTITUDE ADJUSTMENTS

As altitude increases, water boils at lower temperatures. Using the process time for canning food at sea level may result in spoilage if you live at altitudes of 1,000 feet or more because lower boiling temperatures are less effective for killing bacteria. Increasing the process time or the canner pressure compensates for lower boiling temperatures. Select the proper processing time or canner

pressure for the altitude where you live. If you do not know the altitude, contact your local county extension agent (see Cooperative Extension System Office Locator on [page 252](#)). An alternative source of information is the local soil conservation service.

ALTITUDE ADJUSTMENTS FOR WATER-BATH PROCESSING

ALTITUDE	INCREASE WATER-BATH PROCESSING TIME
1,001–3,000 feet	5 minutes
3,001–6,000 feet	10 minutes
6,001–8,000 feet	15 minutes
8,001–10,000 feet	20 minutes

ALTITUDE ADJUSTMENTS FOR PRESSURE-CANNING VEGETABLES

ALTITUDE	DIAL-GAUGE CANNER (PINTS AND QUARTS)	WEIGHTED-GAUGE CANNER (PINTS AND QUARTS)
1,001–2,000 feet	11 pounds	15 pounds
2,001–4,000 feet	12 pounds	15 pounds
4,001–6,000 feet	13 pounds	15 pounds
6,001–8,000 feet	14 pounds	15 pounds

Note: Processing time is the same at all altitudes.



ALTITUDE ADJUSTMENTS FOR PRESSURE-CANNING FRUITS

ALTITUDE	DIAL-GAUGE CANNER (PINTS AND QUARTS)	WEIGHTED-GAUGE CANNER (PINTS AND QUARTS)
1,001–2,000 feet	6 pounds	10 pounds
2,001–4,000 feet	7 pounds	10 pounds
4,001–6,000 feet	8 pounds	10 pounds
6,001–8,000 feet	9 pounds	10 pounds

Note: Processing time is the same at all altitudes.

ALTITUDE ADJUSTMENTS FOR PRESSURE-CANNING TOMATOES

ALTITUDE	DIAL-GAUGE CANNER (PINTS AND QUARTS)	WEIGHTED-GAUGE CANNER (PINTS AND QUARTS)
1,001–2,000	11 pounds	15 pounds

feet		
2,001–4,000	12 pounds	15 pounds
feet		
4,001–6,000	13 pounds	15 pounds
feet		
6,001–8,000	14 pounds	15 pounds
feet		

Note: Processing time is the same at all altitudes.

This model kitchen was housed at International Harvester's Evansville Works plant. The three models working there were used for several Irma Harding advertising photo shoots. Loris Knoll is at the stove, while Ethel Jean Mitchell is washing dishes. Wisconsin Historical Society / 27026



CHAPTER 3

Pickling



One of the most popular methods of preserving a variety of foods, pickling typically uses water-bath canning methods and a brine solution—a mixture of salt, water, vinegar, and sweeteners such as sugar or corn syrup. Spices can be added. Fresh-pack or refrigerator pickling offers a simple alternative.

Traditional Pickles

Always start with the crispest produce, especially for any type of pickle. Wash fruits and vegetables under cold running water, discarding the imperfect and overripe. Prepare food in uniformly sized pieces. Follow the instructions in the recipe precisely.

EQUIPMENT

- Knives, mandolin, peelers, zesters, cutting board, ladles, large and slotted spoons
- Standard-size Mason canning jars. Ball-or Kerr-brand jars:
 - Wide-mouth Mason jars for whole fruits and vegetables
 - Regular Mason jars for salsas, sliced fruits, and vegetables
 - Jelly jars for jams, relishes, and salsas
- Rubber-seal lids and screw-on rings
- Wide-mouth canning funnel
- Water-bath canner

Traditional Pickles Step-by-Step



- 1** Sterilize jars and lids in boiling water or in the dishwasher. Pretreat lids according to manufacturer's recommendation.

- 2** Prepare food in uniformly sized pieces. Follow the recipe precisely.



- 3** Prepare brine according to the recipe or use a simple brine of 6 cups of water, 2 cups of white vinegar, and $\frac{1}{2}$ cup canning salt. Add $\frac{1}{2}$ cup sugar for sweet pickles. For dill pickles use a pickling mix or create your own with dill, garlic, onion, chile flakes, mustard seed, and celery seed. Heat brine to a boil.

- 4** Pack uniformly sized pieces of cucumbers or vegetables into jars with $\frac{1}{4}$ inch headspace at the top of jar. Pour brine over vegetables and secure lids.



- 5** Place jars in water-bath canner rack so they do not touch and water can circulate. Lower rack into the canner and place the lid on. Bring water to a vigorous, rolling boil for the specified time. Add more boiling water if necessary and return to a boil for time specified in recipe. Adjust time for altitude (see [pages 32–33](#)).

- 6** Remove jars from canner and cool on towels or cooling rack. Leave adequate space around each jar. Let jars cool for 12–24 hours.



Fresh-Pack or Refrigerator Pickling

Interested in an easier pickling method? You'll love fresh-pack or refrigerator pickling. It can be a quick alternative to traditional canning processes. Read recipes carefully. It is so easy that anyone can do it and it doesn't require special equipment.

SELECTING FOOD

Always start with the crispest produce, especially for any type of pickle. Wash fruits and vegetables under cold running water, discarding the imperfect and overripe. Prepare food in uniformly sized pieces. Follow the instructions in the recipe precisely.

EQUIPMENT

- Knives, mandolin, peelers, zesters, cutting board, ladles, large and slotted spoons
- Standard-size Mason canning jars. Ball-or Kerr-brand jars:
 - Wide-mouth Mason jars for whole fruits and vegetables
 - Regular Mason jars for salsas, sliced fruits, and vegetables
 - Jelly jars for jams, relishes, and salsas
- Rubber-seal lids and screw-on rings
- Wide-mouth canning funnel

Fresh-Pack or Refrigerator Pickles Step-by-Step



- 1** Sterilize jars and lids in boiling water or in the dishwasher. Pretreat lids according to manufacturer's recommendations.

- 2** Prepare food in uniformly sized pieces.
Follow the instructions in the recipe precisely.



- 3** Prepare brine according to the recipe and heat to boiling. A simple brine is 6 cups of water, 2 cups white vinegar, and $\frac{1}{2}$ cup canning salt. Add $\frac{1}{2}$ cup sugar for sweet pickles. Use a pickling mix for dill pickles or create your own with dill, garlic, onion, chile flakes, mustard seed and celery seed.

- 4** Pack the uniformly sized pieces of cucumbers or vegetables into the jars with $\frac{1}{4}$ inch headspace at the top of the jar. Pour the hot brine over the vegetables and apply lids. Let sit at room temperature for 24 hours or use refrigerator method.





5 For the refrigerator method, let sit at room temperature for 24 hours. Then store jars in refrigerator. Jars must be stored in the refrigerator. Age 7–10 weeks to let the flavors develop. Mark each container with the contents and date. For a shelf-stable variation, finish with the water-bath process.

A well-stocked refrigerator circa 1950, and another International Harvester model. Wisconsin Historical Society / 2503



—has more storage space—more features



CHAPTER 4

Jams and Jellies



Sweet spreads come in many forms and textures:

- Jelly is a transparent fruit juice with a bright color that is cooked to hold its shape on a spoon but is spreadable.
- Jam is crushed or chopped fruit cooked into a thick spread.

Jam Basics

- Preserves are small pieces of fruit suspended in a clear-gelled syrup.
- Conserves are jams made with a combination of fruits and sometimes nuts.
- Marmalades are soft fruit jellies with small pieces of fruit.
- Butters are fruit purées cooked down to a thick, spreading consistency.

Read the recipe carefully. Exact amounts of fruit, sugar, and pectin are necessary for a good consistency. Pectin is the natural substance found in ripe fruit necessary to thicken jams and jellies. Some recipes call for commercial pectin products when natural pectin will not produce the desired results. Never alter the amount of sugar or use sugar substitutes.

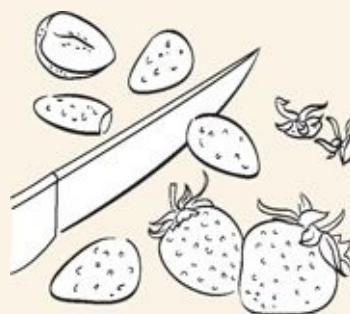


Making Jam without Added Pectin Step-by-Step



1 Sterilize jars and lids in boiling water or in the dishwasher. Pretreat lids according to manufacturer's recommendations.

2 Use fully ripe fruit. Most apples, grapes, berries, and cherries have enough pectin to make preserves. Wash fruit before cooking, but do not soak. Remove stems, skins, and pits. Cut into pieces.





3 Add fruit and sugar and bring to a boil while stirring rapidly until mixture reaches 220°F on a candy thermometer and thickens.

4 Remove from heat and quickly skim off foam.

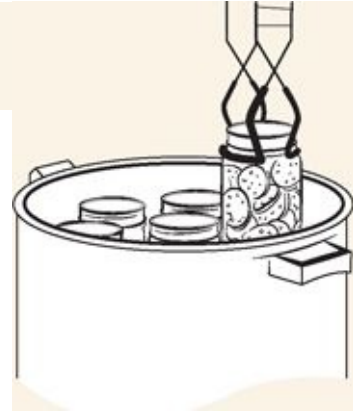


5 Pour jam into jars, leaving headspace, and process according to recipe.

Process in a water-bath canner according to recipe. Allow jars to cool for 24 hours and check seals. Adjust cooking time for altitude (see [pages 32–33](#)). Remove jars, and place on towels.

6

Making Jam with Added Pectin Step-by-Step



- 1 Sterilize jars and lids in boiling water or in the dishwasher. Pretreat lids according to manufacturer's recommendations.

- 2 Fresh fruits, canned, or frozen fruit juice can be used with commercially prepared powdered or liquid pectins. Commercial pectins are not interchangeable—prepare fruit according to recipe from the manufacturer. Purchase fresh pectin each year. Old pectin may result in poor gels.



The order of combining ingredients depends on the type of pectin used. Complete directions for a variety of fruits are provided with packaged pectins.



3

4 Pour jam into jars according to recipe, allowing for proper headspace.



5 Process in a water-bath canner according to recipe. Jam made with added pectin requires less cooking. Adjust time for altitude (see [pages 32–33](#)). Cool.

Making Jelly without Added Pectin Step-by-Step

Use only firm fruit naturally high in pectin. Select a mix of $\frac{3}{4}$ ripe and $\frac{1}{4}$ under-ripe fruit. Do not use commercially canned or frozen fruit juice. The pectin is too low. Crush soft fruits or berries. Cut firmer fruits into small pieces. Using fruit peels and cores adds pectin to the juice during cooking.

1

Add water and cook until tender.



2 Strain fruit through a double layer of cheesecloth, a colander, or a jelly bag. Allow fruit juice to collect in a bowl.

Pressing or squeezing the bag will result in cloudy Jelly.



3 Combine fruit, sugar, lemon juice, and water. Bring to a boil and simmer according to the recipe, stirring to prevent scorching. One pound of fruit should yield 1 cup of clear juice. Boil to the jelling point. Remove from heat.

4 Skim foam.





5 Prepare jars and lids according to instructions. Fill and apply lids. Place in canner.

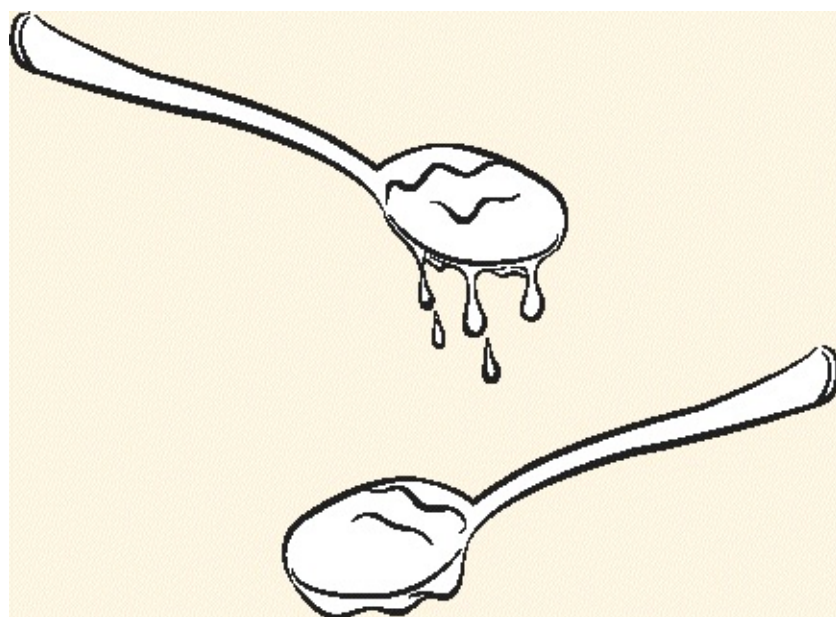
6 Process according to recipe. Remove from canner and cool on a towel or rack for 24 hours.



Testing the Jelly

SHEET OR SPOON TEST

Dip a cool metal spoon into the boiling jelly mixture. Raise the spoon about 12 inches above the pan (out of the steam). Turn the spoon so the liquid runs off the side. The jelly is done when the syrup forms two drops that flow together in a sheet or hang off the edge of the spoon.



- Remove from heat and quickly skim off foam.
- Fill sterile jars with jelly. Use a measuring cup or ladle the jelly through a wide-mouthed funnel, leaving ¼ inch headspace. Wipe jar rims with a clean dampened paper towel. Adjust lids and process according to recipe.

TEMPERATURE TEST

Use a jelly or candy thermometer and boil until mixture reaches the temperature for your altitude.

REFRIGERATOR TEST

Remove the jam mixture from the heat. Pour a small amount of boiling jam on a cold plate and put it in the freezing compartment of a refrigerator for a few minutes. If the mixture gels, it is ready to can.

Remove from heat and skim off foam quickly. Fill sterile jars. Use a measuring cup or ladle the jelly through a wide-mouthed funnel, leaving ¼ inch headspace. Wipe jar rims with a clean dampened paper towel. Adjust lids and process in a water-bath canner following recipe.

Making Jelly with Added Pectin Step-by-Step



- 1** Crush soft fruits or berries. Cut firmer fruits into small pieces. Add water and cook until tender. Purchase fresh pectin each year. Old pectin may result in poor gels. Follow recipe carefully because pectins are not interchangeable.

- 2** Strain fruit through a double layer of cheesecloth, a colander, or a jelly bag. Allow fruit juice to collect in a bowl.



- 3** Prepare canner, jars, and lids according to instructions.

- 4** The order of combining ingredients depends on the type of pectin used. Complete directions for a variety of fruits are provided with packaged pectin. Boil and follow recipe. Jelly made with added pectin requires less cooking.



- 5** Remove from heat and skim off any foam. Added pectin eliminates the need to test hot jellies for proper gelling.

6 Fill jars, leaving required headspace, and apply lids.



7 Process in water-bath canner according to recipe. Adjust time for altitude (see [pages 32–33](#)). Remove from canner and cool on a towel or rack for 24 hours.

REMAKING SOFT JAMS AND JELLIES

If the jam or jelly hasn't set properly; is too runny; is short in pectin, sugar, or acidity; or didn't get a hard boil, it can be recooked. Measure the jam or jelly to be recooked. Work with no more than 4–6 cups at a time.

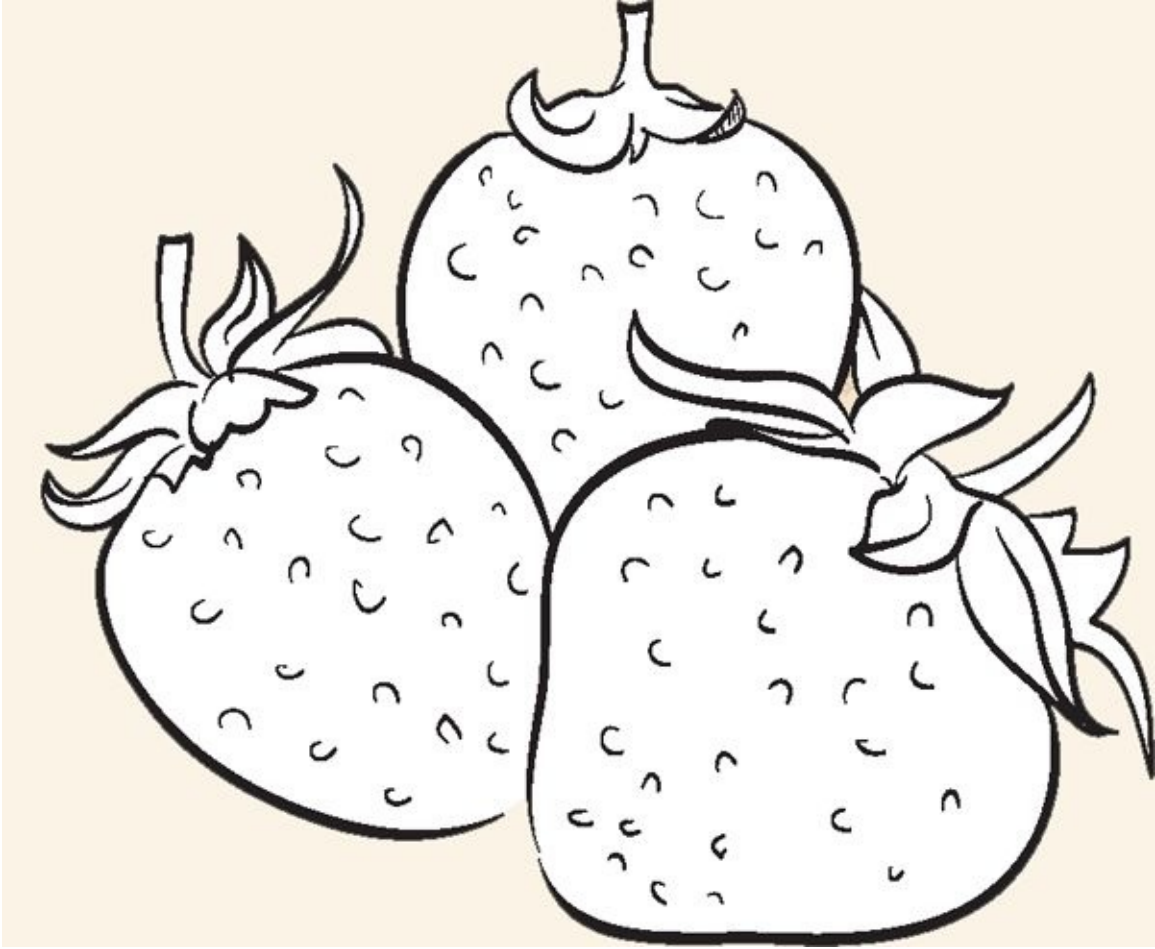
REMAKE WITH POWDERED PECTIN

- For each quart of jelly, mix $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup water, 2 tablespoons bottled lemon juice, and 4 teaspoons powdered pectin.

- Bring to a boil while stirring. Add jelly and bring to a rolling boil over high heat, stirring constantly.
- Boil hard $\frac{1}{2}$ minute. Remove from heat, quickly skim foam off jelly, and fill sterile jars, leaving $\frac{1}{4}$ inch headspace.
- Wipe jar rims. Adjust new lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

REMAKE WITH LIQUID PECTIN

- For each quart of jelly, mix $\frac{3}{4}$ cup sugar, 2 tablespoons bottled lemon juice, and 2 tablespoons liquid pectin.
- Bring jelly only to boil over high heat while stirring.
- Remove from heat and quickly add the sugar, lemon juice, and pectin mixture.
- Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute.
- Remove from heat. Quickly skim off foam and fill sterile jars, leaving $\frac{1}{4}$ inch headspace.
- Wipe jar rims. Adjust new lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).



This coquettish image is from a 1950 advertisement. Wisconsin Historical Society



CHAPTER 5

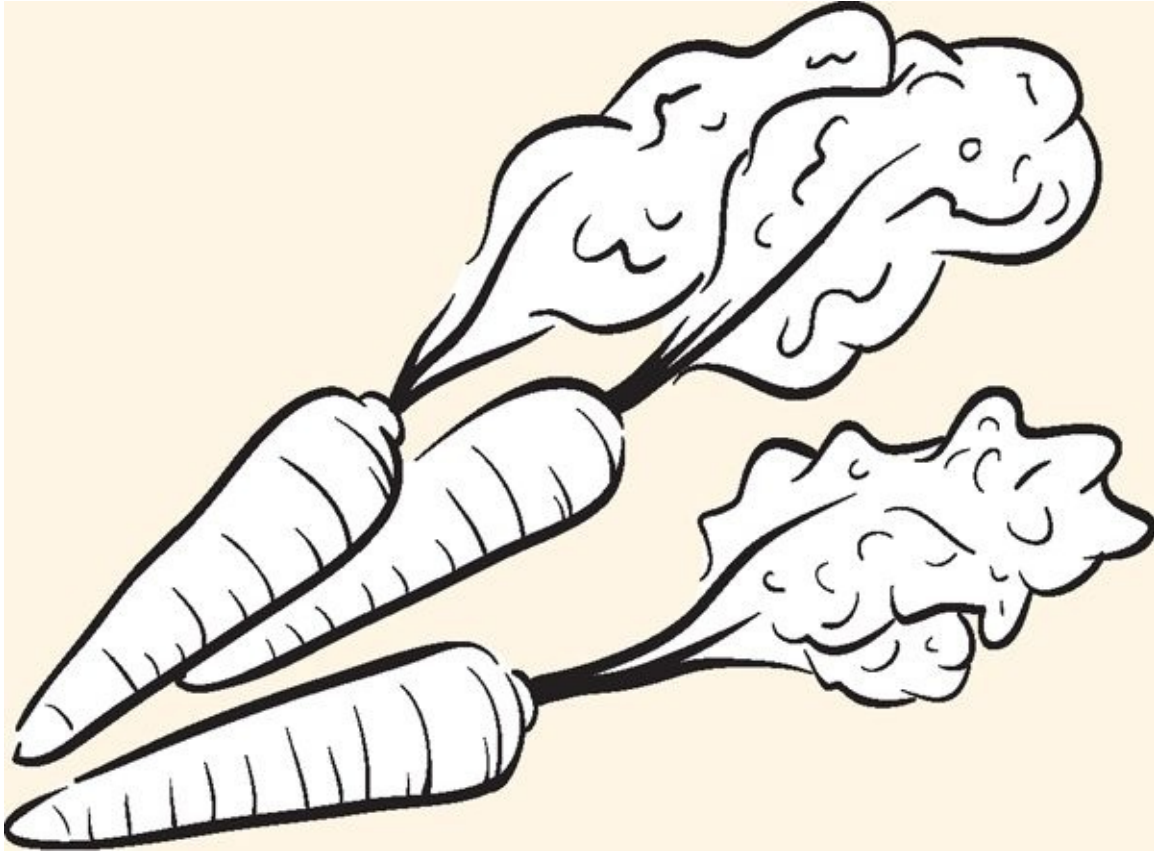
Blanching



Blanching is the plunging of vegetables or fruits into boiling water; removing them after a brief, timed interval; and then plunging them into iced water or placing them under cold running water to stop the cooking process. Blanching scalds the vegetables while retarding the enzymes and chemical agents of the spoiling process. At the same time, it preserves the color, texture, flavor, and nutrients. Blanching can be used to prepare food for freezing or drying by loosening the skins from both vegetables and fruits.

EQUIPMENT

- Large covered flat-bottom pan, saucepan, or soup pot
- Wire basket, colander, cheesecloth, slotted spoon, or tongs
- Rack or trivet
- Tongs
- Mixing bowl with ice cubes and water for ice bath



Blanching Step-by-Step

- 1 Prepare food in uniformly sized pieces.



Prepare a large, covered flat-bottom pan or soup pot with vigorously boiling water. Use at least 1 gallon of water per 1 pound of vegetables.



2

3 Place the vegetables in a wire basket or colander and scald in the boiling water, carefully timing each batch as specified in the recipe.



To blanch with steam, prepare the pan with a rack or trivet on the bottom.



4 Place 1 pound of vegetables in wire basket, colander, or cheese cloth, and lower it into rack to hold vegetables out of water. Cover and begin timer when steam rises. Steam only 1 pound of vegetables at a time. Increase time by one-half over the time given in the recipe for the boiling-water method.

5 Plunge blanched vegetables in an ice-water bath or cool under running water to stop cooking.





6 Dry vegetables on towels or arrange on dehydrator rack.



International Harvester had several people in the office who played the role of Irma Harding. Zelma Purchase, shown at left in 1948, was one of those. She worked in the Home Economics Department at Harvester's Evansville Works, and appeared in a number of the advertisements. Wisconsin Historical Society / 59966

INTERNATIONAL HARVESTER

WORLD

January 1947



IH refrigeration takes broad new stride

CHAPTER 6

Freezing



“Forget the discomfort of working in a hot kitchen on a summer day. Freezing is so quick, convenient, and easy.” — **IRMA**

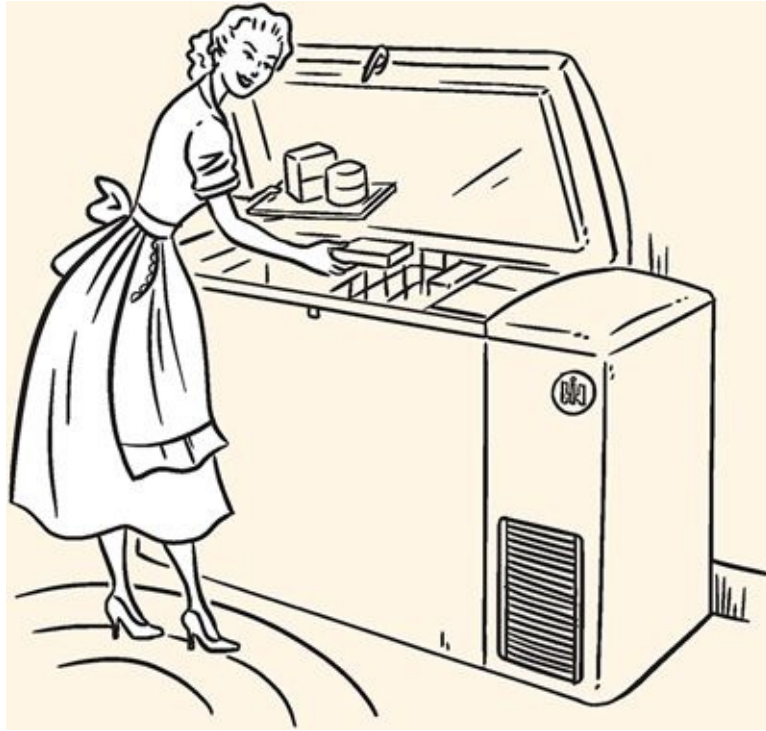
Freezing captures and holds the garden-fresh quality of fruits and vegetables. It maintains color, flavor, texture, and nutrition found in fresh foods without fuss or bother. Proper storage containers and basic freezing techniques can preserve foods for a long period of time.

SELECTING FOOD

Start with foods at their peak of freshness. Prepare fruits and vegetables for freezing as soon after they are harvested.

EQUIPMENT

- Knives, mandolin, peelers, zesters, cutting board
- Rigid freezer containers that form airtight seals
- Flexible freezer bags and wrap
- Trays or cookie sheets
- Standard-size Mason canning jars. Ball-or Kerr-brand jars:
 - Wide-mouth Mason jars for whole fruits and vegetables and jams and jellies
 - Regular Mason jars for sliced fruits and vegetables and jams and jellies
 - Jelly jars for salsas, pesto, jams, and jellies
- Rubber seal lids and screw-on rings
- Ladles, large and slotted spoons
- Ice-cube trays for pesto and herbs
- Vacuum sealer and bags

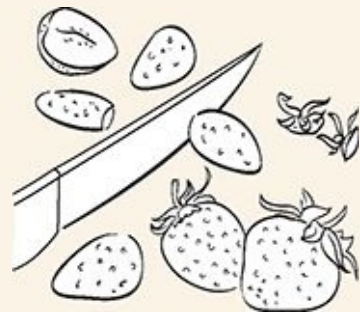


Freezing Step-by-Step



1 Rinse under running water. Follow recipe instructions.

2 Prepare food in uniformly sized pieces. Allow food to dry before packaging.





3 Choose moisture-proof storage containers, bags, wraps, or packaging to avoid freezer burn. Follow packaging instructions. Eliminate all excess air. Use freezer-proof labels. Add contents and date.

4 Use ice-cube trays to freeze herbs.



5 Freeze immediately at 0°F or colder. Use frozen foods within 12 weeks and never refreeze.

The International Harvester Company placed major emphasis on their new line of appliances, and featured a model and a freezer on the cover of the January 1947 issue of their customer magazine, Harvester World.
Wisconsin Historical Society



CHAPTER 7

Syrup



Adding syrup to canned fruit helps retain its shape, color, and flavor. However, it does not prevent spoilage. The following guidelines for preparing syrups approximate the natural sugar content of many fruits.

EQUIPMENT

- Large flat-bottom pan or soup pot
- Wooden spoon
- Ladle
- Wide-mouth canning funnel

Syrup Step-by-Step

Bring water and sugar to a boil and pour over raw fruits in jars for cold packs. For hot packs, bring water and sugar to boil, add fruit, reheat to boil, and fill into jars immediately.

MEASURES FOR SUGAR AND WATER

Syrup Type	Approximate % Sugar	9-Pint Load *		7-Quart Load		Fruits commonly packed in syrup **
		Cups Water	Cups Sugar	Cups Water	Cups Sugar	
Very	10%	6 ½	¾	10 ½	1¼	Approximates

Light						sugar level in most fruits and adds fewest calories
Light	20%	5 $\frac{3}{4}$	1 $\frac{1}{2}$	9	2 $\frac{1}{4}$	Very sweet fruit; try small amount the first time
Medium	30%	5 $\frac{1}{4}$	2 $\frac{1}{4}$	8 $\frac{1}{4}$	3 $\frac{3}{4}$	Sweet apples, sweet cherries, berries, grapes
Heavy	40%	5	3 $\frac{1}{4}$	7 $\frac{3}{4}$	5 $\frac{1}{4}$	Tart apples, apricots, sour cherries, gooseberries, nectarines, peaches, pears, plums
Very Heavy	50%	4 $\frac{1}{4}$	4 $\frac{1}{4}$	6 $\frac{1}{2}$	6 $\frac{3}{4}$	Very sour fruit

* This amount is also adequate for a 4-quart load.

** Many fruits typically packed in heavy syrup are excellent and tasteful products when packed in lighter syrups. It is recommended that lighter syrups be tried because they contain fewer calories from added sugar.

TEMPERATURE TEST

Use a jelly or candy thermometer and boil until mixture reaches the following temperatures and altitudes.

Sea Level 1,000 ft. 2,000 ft. 3,000 ft. 4,000 ft. 5,000 ft. 6,000 ft. 7,000 ft. 8,000 ft.
 220°F 218°F 216°F 214°F 212°F 211°F 209°F 207°F 205°F

Some International Harvester dealerships took on the refrigeration line with zeal. This International KB3

truck was owned by A.A. Anderson, a dealership in Harvard, Illinois. Wisconsin Historical Society / 70204



CHAPTER 8

Drying and Smoking



The art of drying or dehydrating food is one of the oldest methods of preservation. With the removal of the moisture upon which bacteria and microorganisms that cause spoilage live, dried food has a long shelf life when processed properly. A wide variety of foods can be dried, including fruit, vegetables, herbs, flowers, fish, and meat. But drying isn't an exact science or process. There are several ways to dry food. It can be done in the sun, a conventional oven, a countertop convection oven, a microwave oven, or an electric dehydrator. Note that controlling variations in temperature and humidity are critical. You might find that it takes some trial and error to remove 80–95 percent of the moisture in food and thus inactivate harmful bacteria. Here are some guidelines.

SELECTING FOOD

Drying food at the peak of ripeness and flavor will provide the best results. Select the freshest fruits, vegetables, and meats. Wash food to remove any dirt and bacteria. Start with cool, fresh water in a large bowl. Berries and small foods can be placed in a colander and rinsed under running water. Pat dry and trim off any spots or blemishes. Cut out the core or pit. It is important to prepare food in uniformly sized pieces.

EQUIPMENT

- Blender or food processor
- Knives, mandolin, egg slicer, peelers, zesters, cutting board
- Racks, trays, baking sheets, or cake-cooling racks
- Plastic wrap (check manufacturer's recommendations for use with dehydrators)

- Cheesecloth, netting, or screens to protect food when air drying
- Conventional or countertop convection oven
- Microwave oven
- Electric dehydrator

Drying Step-by-Step



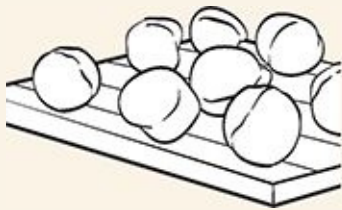
1 Wash food under running water. Pat dry. When drying, it is important to prepare food in uniformly sized pieces.

2 Place food in a single layer on drying racks or trays, leaving space around each piece. Review the recipe for description, appearance, and estimated drying times. Drying times vary with method. Shorter drying times are best.



3 Fresh air can be used to dry food. Good air circulation is critical.

4 Two of the best-known products of vine-drying in the sun are the garlic braid and chile pepper ristras.



5 Conventional and countertop convection ovens set on low heat for several hours can provide a simple, easy way to dry foods. Leave door ajar to allow moisture to escape. Follow recipe for suggested times.

6 Arrange food according to the recipe and follow the instructions in the dehydrator's owner's manual for recommended drying times. Microwaves can be used for drying herbs and flowers. Place on paper plate. Reduce power by 50 percent, and rotate plate if there is no platform.



Packaging Food

Store dried foods in clean, dry canning jars; plastic freezer containers with

tight-fitting lids; or in plastic bags. Dried foods need to be stored in a dry, cool, dark place. The freezer can be used to store dried food longer. Mark each container with the contents and date.



Smoking

Drying food with smoke uses heat to preserve food and imparts rich flavor. Selecting a variety of wood for smoking can provide different tastes and aromas. Options include hickory, oak, mesquite, and fruitwood. It is important to maintain as much of the smoke as possible in the grill or smoker to cure the food.

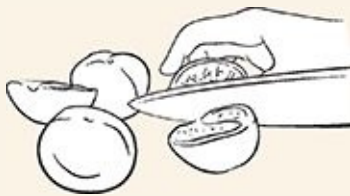
SELECTING FOOD

Start with the freshest vegetables you can find with good color and no soft spots. Great-tasting fresh vegetables make great-tasting smoked vegetables. Smoke-drying can transform the humble jalapeño into the chipotle. Creating uniformly sized pieces is a key to smoking success.

EQUIPMENT

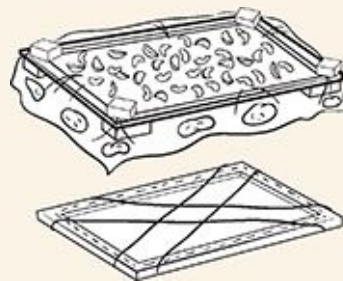
- Knives, cutting board • Racks, trays, baking sheets, or cake-cooling racks • Barbeque grill
- Wood-burning smoker
- Stove-top smoker
- Thermometer

Smoking Step-by-Step



- 1** Prepare food in uniformly sized pieces. Consult the recipe. Temperature and timing are important. Lower temperatures can lead to spoilage and higher temperatures can result in burned food.

2 Place on a rack with plenty of space for air circulation.



3 Consult the grill or smoker owner's manual for the proper procedure and smoking times for each variety of food.

4 Store smoked and dried foods in canning jars, plastic freezer containers, or plastic bags. Mark each container with contents and date; then, put in a dry, cool, dark place.



INTERNATIONAL HARVESTER

Refrigerators

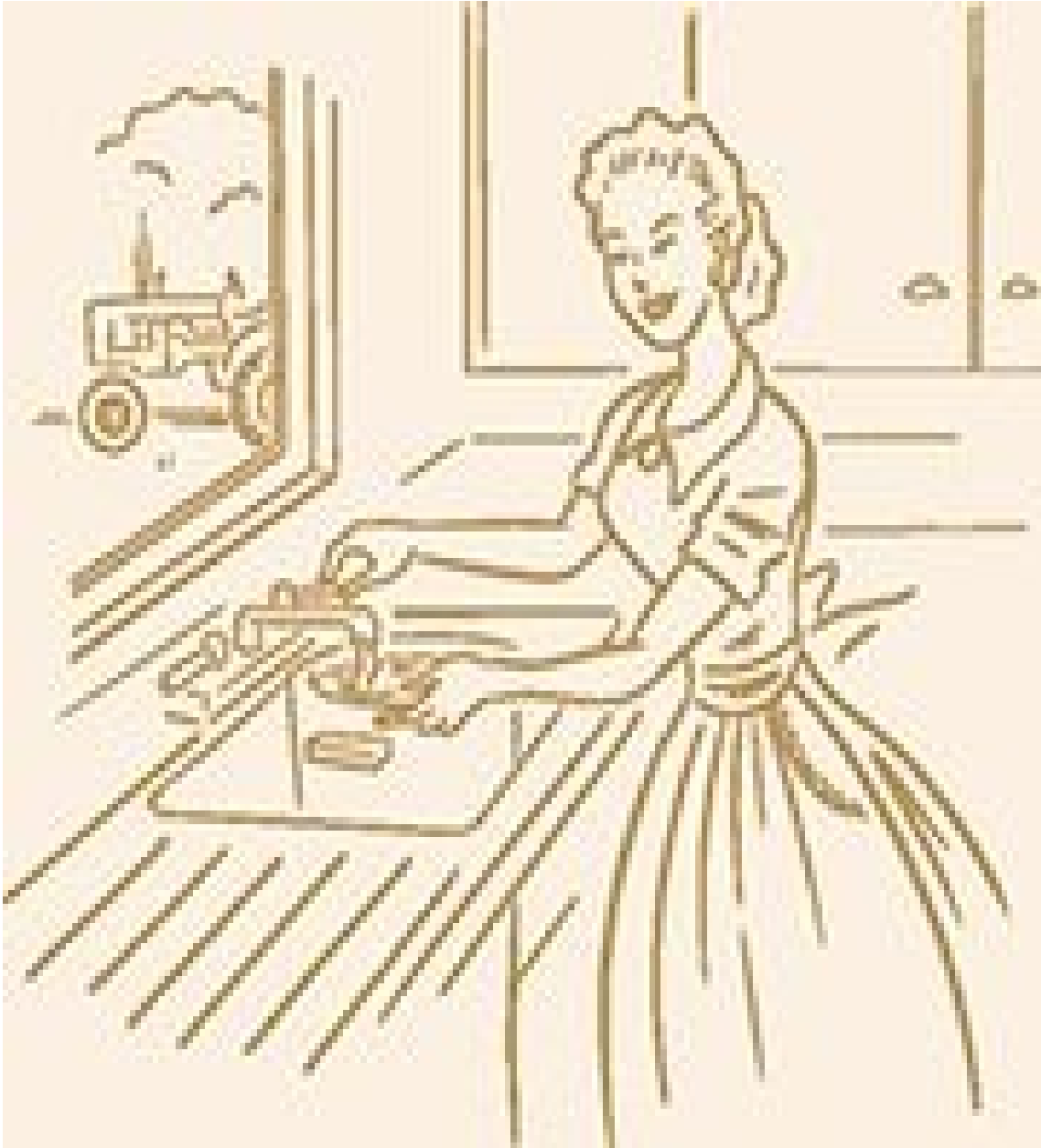


Built Right . . . Styled Right . . . Priced Right



CHAPTER 9

Fermenting



Before the advent of modern-day canning, food was preserved by the process of fermentation. The simplest type of fermentation with naturally occurring yeasts or lactic acid was also called pickling. The *Lactobacillus* organisms convert lactose and other sugars present in the food into lactic acid. This creates an acidic environment that safely preserves the food and imparts classic tangy flavor. Sauerkraut, Korean kimchi, and curtido from Latin America are produced

with lactic acids. These traditionally fermented vegetables are salted, seasoned, and placed in a container where they ferment.

There are two ways to promote fermentation.

- Soak vegetables in a brine that is salty enough to kill off harmful bacteria.
- Add 1 tablespoon of whey to each pint of food. Whey is the liquid separated from cultured milk or yogurt. It rises to the top or can be strained from yogurt through a cloth filter or several layers of cheesecloth.

SELECTING FOOD

Select the freshest fruits, vegetables, and meats. Wash food with cool, fresh water to remove any dirt and bacteria. Start in a large bowl. Trim off any spots or blemishes. Cut out the core or pit. It is important to the fermentation process to prepare food in uniformly sized pieces according to the recipe.

EQUIPMENT

- Knives, mandolin, peelers, zesters, cutting board
- De-bubbler or nonreactive spatula
- Standard-size Mason canning jars. Ball-or Kerr-brand jars:
 - Wide-mouth Mason jars for whole fruits and vegetables and jams and jellies
 - Regular Mason jars for sliced fruits and vegetables and jams and jellies
 - Jelly jars for salsas, pesto, jams, and jellies
- Ceramic or stoneware pickling or fermenting crocks (lids optional)
- Food-grade plastic and glass containers are excellent substitutes for stone crocks. Other 1-to 3-gallon nonfood-grade plastic containers may be used if lined with a clean food-grade plastic bag. Caution: Be certain that foods contact only food-grade plastics. Do not use garbage bags or trash liners.

Fermenting Step-by-Step

Select nonmetallic containers or pickling crocks as described in the recipe.



1 Clean jars, crocks, and equipment to avoid the harmful bacteria.

2 Chop all ingredients to desired consistency by hand or with a food processor.



3 Place ingredients in container and cover with brine or cover with water or whey according to the recipe.

4 Press down with a wooden spoon, lid, or weight, adding more water to cover food. Fermentation causes bubbles, so leave 1–2 inches of headspace.





5 Select the correct lid or top for container. Cover tightly to eliminate all oxygen. Consult the recipe for the best fermenting time. Hold at room temperature between 65°F and 72°F for the specified number of days before transferring to cold storage.

6 Skim any harmless white spots or film from the top.



7 Fill sterilized jar or container with fermented food and close. Wipe off the jar, and store in the refrigerator. Consult recipe for maximum storage time. Mark container with contents and date.





A period ad featuring an International Harvester model and her man. Wisconsin Historical Society



—the ultimate in convenience, satisfaction



CHAPTER 10

Fruits



“Preserve the goodness of the orchard.” – **IRMA**

Canning

SLICED APPLES

CHERRIES

ELDERBERRY SAUCE

FIGS 91

MIXED-FRUIT COCKTAIL

PEACHES

PEARS

ASIAN PEARS

WHOLE BERRIES

Chutney

CRANBERRY ORANGE CHUTNEY

MANGO CHUTNEY

Salsa

MANGO SALSA

SPICY CRANBERRY SALSA

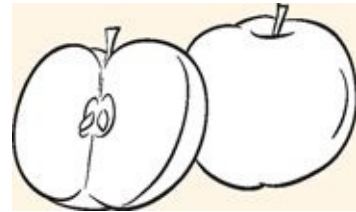
CANNING

Sliced Apples



Use Jonathan, Winesap, Stayman, Golden Delicious, McIntosh, or other tasty varieties that are juicy, crispy, and preferably both sweet and tart.

An average of 19 pounds is needed per canner-load of 7 quarts; an average of 12 $\frac{1}{4}$ pounds is needed per canner-load of 9 pints. A bushel weighs 48 pounds and yields 16–19 quarts—an average of 2 $\frac{3}{4}$ pounds per quart. Wash, peel, and core apples. To prevent discoloration, slice apples into a solution of 3 grams (3,000 milligrams) ascorbic acid per gallon of water. Place drained slices in large saucepan and add 1 pint water or very light, light, or medium syrup (see [pages 70–71](#)) per 5 pounds of sliced apples. Boil 5 minutes, stirring occasionally to prevent burning. Fill hot jars with hot slices and hot syrup or water, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Raw packs make poor-quality apples.



Wipe jar rims. Adjust lids and process pint or quart jars with water-bath canner for 20 minutes. Adjust time for altitude (see [pages 32–33](#)).

VARIATIONS: Process pint or quart jars for 8 minutes in a dial-gauge pressure canner at 6 psi* or in a weight-gauge pressure canner for 8 minutes at 5 psi, adjusting time and pressure for altitude (see [pages 32–33](#)). Follow manufacturer's instructions.

For spicy slices, add 3 tablespoons whole cloves and 8 cinnamon sticks.

Yield: Approximately 7 quarts or 9 pints

Cherries



An average of 17 ½ pounds is needed per canner-load of 7 quarts; an average of 11 pounds is needed per canner-load of 9 pints. A lug weighs 25 pounds and yields 8–12 quarts—an average of 2 ½ pounds per quart.

Select bright, uniformly colored cherries that are mature (of ideal quality for eating fresh or cooking). Stem and wash cherries. Remove pits if desired. If pitted, place cherries in a solution of 3 grams (3,000 milligrams) ascorbic acid per gallon of water to prevent stem-end discoloration. If canned unpitted, prick skins on opposite sides with a clean needle to prevent splitting. Cherries may be canned in water, apple juice, white grape juice, or syrup. If syrup is desired, select and prepare preferred type as directed on [pages 70–71](#).

HOT PACK: In a large saucepan, add ½ cup water, juice, or syrup for each quart of drained fruit and bring to boil. Fill hot jars with cherries and cooking liquid, leaving ½ inch headspace.

RAW PACK: Add ½ cup hot water, juice, or syrup to each jar. Fill hot jars with drained cherries, shaking down gently as you fill. Add more hot liquid, leaving ½ inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process hot-pack pint jars in a water-bath canner for 15 minutes or 20 minutes for hot-pack quart jars. Process raw-pack pint jars for 25 minutes and quart jars for 30 minutes.

Process cherries in pint jars for 8 minutes or in quart jars for 10 minutes at 6 psi in a dial-gauge pressure canner or at 5 psi in a weight-gauge canner following the manufacturer's instructions and adjusting time and pressure for altitude (see [pages 32–33](#)).

Elderberry Sauce

Amy Crowell of Eat Wild Edible Texas, Wimberley, Texas

“This sauce can be used as a dip for dunking just about anything—crackers,

chips, French fries, fingers—or for pouring over, well, just about anything. I’ve drizzled this sauce over wild salmon *and* vanilla ice cream with equally great results.”

1 ½ cups elderberries, de-stemmed
¼ medium onion, chopped
¼ cup white distilled vinegar
¼ cup sugar
1/8 teaspoon allspice
1/8 teaspoon ground cloves
Tiny pinch cinnamon
Tiny pinch cayenne
Tiny pinch salt

Bring the elderberries, onion, and vinegar to a boil in a saucepan, then reduce heat and simmer for 10–15 minutes. Remove from the heat and strain the infused elderberry juice through a jelly bag or a few layers of cheesecloth to yield about ½ cup of juice. Put the juice back into a clean saucepan and add the remaining ingredients. Bring the sauce to a boil and then simmer the sauce for 10–20 minutes on low heat, stirring constantly, until desired consistency. Store in a covered jar in the refrigerator.



Figs



Before canning, all home-canned figs must be acidified in boiling water to make them safe from the microorganism that causes botulism.

An average of 16 pounds is needed per canner-load of 7 quarts; an average of 11 pounds is needed per canner-load of 9 pints—an average of 2 ½ pounds yields 1 quart.

Select firm, ripe, uncracked figs. Mature color depends on the variety. Avoid overripe figs with very soft flesh. Wash figs thoroughly in clean water. Drain. Do not peel or remove stems. Cover figs with water and boil 2 minutes. Drain. Gently boil figs in light syrup (see [pages 70–71](#)) for 5 minutes. Add 2

tablespoons bottled lemon juice per quart or 1 tablespoon per pint to the jars; or add ½ teaspoon citric acid per quart or ¼ teaspoon per pint to the jars. Fill hot jars with hot figs and cooking syrup, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars for 45 minutes or in quart jars for 50 minutes using a water-bath canner, adjusting time for altitude (see [pages 32–33](#)).

Yield: 7 quarts or 9 pints

Mixed-Fruit Cocktail



3 pounds peaches

3 pounds pears

1 ½ pounds slightly underripe seedless green grapes

10 ounce jar maraschino cherries

3 cups sugar

4 cups water

Stem and wash grapes and keep in an ascorbic acid solution of 3 grams (3,000 milligrams) per gallon of water. Dip ripe but firm peaches, a few at a time, in boiling water for 1–1 ½ minutes to loosen skins. Dip in cold water and slip off skins. Cut in half, remove pits, cut into ½-inch cubes, and keep in solution with grapes. Peel, halve, and core pears. Cut into ½-inch cubes and keep in solution with grapes and peaches. Combine sugar and water in a saucepan and bring to boil. Drain mixed fruit. Add ½ cup of hot syrup to each hot jar, then add a few cherries and gently fill the jar with mixed fruit and more hot syrup, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pints and pints with water-bath canner for 20 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 6 pints

Peaches



An average of 17 ½ pounds is needed per canner load of 7 quarts; an average of 11 pounds is needed per canner-load of 9 pints. A bushel weighs 48 pounds and yields 16–24 quarts—an average of 2 ½ pounds per quart.

Choose ripe, mature fruit of ideal quality for eating fresh or cooking. Dip fruit in boiling water for 30–60 seconds until skins loosen. Dip quickly in cold water and slip off skins. Cut in half, remove pits, and slice if desired. To prevent darkening, keep peeled fruit in an ascorbic acid solution of 3 grams (3,000 milligrams) per gallon of water. Prepare and boil a very light, light, or medium syrup (see [pages 70–71](#)), or pack peaches in water, apple juice, or white grape juice. Raw packs make poor-quality peaches.

HOT PACK: In a large saucepan, place drained fruit in syrup, water, or juice, and bring to a boil. Fill hot jars with hot fruit and cooking liquid, leaving ½ inch headspace. Place halves in layers, cut side down.

RAW PACK: Fill hot jars with raw fruit, cut side down, and add hot water, juice, or syrup, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed.

Wipe jar rims. Adjust lids and process hot-pack pint jars for 20 minutes and 25 minutes for quart jars in a water-bath canner. Process raw-pack pint jars for 25 minutes and quart jars for 30 minutes.

VARIATION: Process peaches for 10 minutes in a dial-gauge pressure canner at 6 psi or at 5 psi in a weight-gauge canner following the manufacturer's instructions and adjusting time and pressure for altitude (see [pages 32–33](#)).

Pears



An average of 17 ½ pounds is needed per canner-load of 7 quarts; an average of 11 pounds is needed per canner-load of 9 pints. A bushel weighs 50 pounds and yields 16–25 quarts—an average of 2 ½ pounds per quart.

Choose ripe, mature fruit of ideal quality for eating fresh or cooking. Wash and peel pears. Cut lengthwise in halves and remove cores. A melon baller or metal measuring spoon is suitable for coring pears. To prevent discoloration, keep pears in an ascorbic acid solution 3 grams (3,000 milligrams) per gallon of water. Prepare a very light, light, or medium syrup (see [pages 70–71](#)), or pack pears in apple juice, white grape juice, or water. Raw packs make poor-quality pears.

Boil drained pears 5 minutes in syrup, juice, or water. Fill hot jars with hot fruit and cooking liquid, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars. Adjust lids and process pint jars for 20 minutes and quart jars for 25 minutes in a water-bath canner.

VARIATION: Process pears for 10 minutes in a dial-gauge pressure canner at 6 psi or in a weight-gauge canner at 5 psi following the manufacturer's instructions and adjusting time and pressure for altitude (see [pages 32–33](#)).

Asian Pears



All home-canned Asian pears must be acidified before canning in a water-bath canner to make them safe from the microorganism that causes botulism.

An average of 17–19 pounds is needed per canner-load of 7 quarts; an average of 11–13 pounds is needed per canner-load of 9 pints.

Choose ripe, mature fruit of ideal quality for eating fresh or cooking. Wash and peel pears. Cut lengthwise in halves and remove cores. Slice, if desired. To prevent discoloration, keep pears in an ascorbic acid solution of 3 grams (3,000 milligrams) per gallon of water. Prepare a very light, light, or medium syrup (see [pages 70–71](#)), or pack pears in apple juice, white grape juice, or water.

HOT PACK: Boil drained pears 5 minutes in syrup, juice, or water. Fill hot jars with hot fruit and cover with boiling cooking liquid, leaving 1 inch headspace. Add 1 tablespoon bottled lemon juice per pint jar or 2 tablespoons per quart jar. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars for 20 minutes and quart jars for 25 minutes in a water-bath canner.

VARIATION: Process pears for 10 minutes in a dial-gauge pressure canner at 6 psi or in weight-gauge canner at 5 psi following the manufacturer's instructions and adjusting time and pressure for altitude (see [pages 32–33](#)).

Yield: 7 quarts or 9 pints

Whole Berries



Choose ripe, sweet blackberries, blueberries, currants, dewberries, elderberries, gooseberries, huckleberries, loganberries, mulberries, or raspberries with uniform color. An average of 12 pounds is needed per canner-load of 7 quarts; an average of 8 pounds is needed per canner load of 9 pints. A 24-quart crate weighs 36 pounds and yields 18–24 quarts—an average of 1 $\frac{3}{4}$ pounds per quart.

Wash 1 or 2 quarts of berries at a time. Drain, cap, and stem if necessary. For gooseberries, snip off heads and tails with scissors. Prepare and boil preferred syrup (see [pages 70–71](#)) if desired. Add $\frac{1}{2}$ cup syrup, juice, or water to each clean jar.

HOT PACK: For blueberries, currants, elderberries, gooseberries, and huckleberries, heat berries in boiling water for 30 seconds and drain. Fill hot jars and cover with hot juice, leaving $\frac{1}{2}$ inch headspace.

RAW PACK: Fill hot jars with any of the raw berries, shaking down gently while filling. Cover with hot syrup, juice, or water, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids.

Process hot-pack pints or quarts for 15 minutes with water-bath canner. Process raw-pack pints for 15 minutes and quarts for 20 minutes. Adjust time for altitude (see [pages 32–33](#)).

VARIATION: Process hot-pack pint or quart jars in a dial-gauge or weight-gauge pressure canner for 8 minutes at 6 psi. Process raw-pack pint jars in a dial-gauge or weight-gauge pressure canner for 8 minutes or in quart jars for 10 minutes at 5 psi. Follow manufacturer's instructions and adjust time for altitude (see [pages 32–33](#)).

Yield: 7 quarts or 9 pints

CHUTNEY

Cranberry Orange Chutney 24 ounces 
fresh whole cranberries 2 cups chopped
white onion

2 cups golden raisins

1 ½ cups white sugar

1 ½ cups packed brown sugar

2 cups white distilled vinegar (5%)

1 cup orange juice

4 teaspoons peeled, grated fresh ginger

3 sticks cinnamon



Rinse cranberries well and combine all ingredients in a large Dutch oven. Bring to a boil over high heat; reduce heat and simmer gently for 15 minutes or until cranberries are tender. Stir often to prevent scorching. Remove cinnamon sticks and discard. Fill the hot chutney into hot half-pint jars, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process with water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8 half-pint jars

Mango Chutney 11 cups or 4 pounds
chopped, unripe (hard) mangos, either
Tommy Atkins or Kent varieties 2 $\frac{1}{2}$
cups or $\frac{3}{4}$ pound of finely chopped
yellow onion 2 $\frac{1}{2}$ tablespoons grated
fresh ginger 1 $\frac{1}{2}$ tablespoons finely
chopped fresh garlic 4 $\frac{1}{2}$ cups sugar



3 cups white distilled vinegar (5%) 2 $\frac{1}{2}$ cups golden raisins
1 teaspoon canning salt

4 teaspoons chili powder

CAUTION: The mango plant belongs to the same family as poison ivy, and handling green mangos may irritate the skin in the same manner. Wear plastic or rubber gloves when working with green mangoes. Do not touch your face, lips, or eyes after touching or cutting raw green mangos until all traces are washed from your hands.

Wash all produce well. Peel, core, and chop mangos into $\frac{3}{4}$ -inch cubes. Chop mango cubes in food processor, using 6 one-second pulses per food processor

batch. Do not purée or chop too finely. By hand, peel and dice the onion, finely chop the garlic, and grate the ginger. Mix sugar and vinegar in an 8-to 10-quart stockpot. Bring to a boil and hold for 5 minutes. Add all other ingredients and return to a boil. Reduce heat and simmer 25 minutes, stirring occasionally. Fill hot chutney into hot pint or half-pint jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process with water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 6 pints

SALSA

Mango Salsa 6 cups diced, unripe mango (about 3 to 4 large, hard green mangos) 1 ½ cups diced red bell pepper



½ cups finely chopped yellow onion ½ teaspoon crushed red pepper flakes 2 teaspoons finely chopped garlic 2 teaspoons finely chopped ginger

1 cup light brown sugar

1 ¼ cups cider vinegar (5%)

½ cup water

CAUTION: The mango plant belongs to the same family as poison ivy, and handling green mangos may irritate the skin in the same manner. Wear plastic or rubber gloves when working with green mangoes. Do not touch your face, lips, or eyes after touching or cutting raw green mangos until all traces are washed from your hands.

Wash all produce well. Peel and chop mango into ½-inch cubes. Dice bell pepper into ½-inch pieces. Finely chop yellow onions. Combine all ingredients in an 8-quart Dutch oven or stockpot. Bring to a boil over high heat, stirring to dissolve sugar. Reduce to simmering and hold 5 minutes. Fill hot solids into hot half-pint jars, leaving ½-inch headspace. Cover with hot liquid, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint jars with water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 6 half-pints

Spicy Cranberry Salsa 6 cups



chopped red onion

4 finely chopped large serrano peppers

1 ½ cups water

1 ½ cups cider vinegar (5%)

1 tablespoon canning salt

1 1/3 cups sugar

6 tablespoons honey

12 cups (2 ¾ pounds) rinsed, fresh whole cranberries **CAUTION:** Wear plastic or rubber gloves when handling and cutting hot peppers or wash hands thoroughly with soap and water before touching your face or eyes.

Combine all ingredients except cranberries in a large Dutch oven. Bring to a boil over high heat; reduce heat slightly and boil gently for 5 minutes. Add cranberries, reduce heat slightly, and simmer mixture for 20 minutes, stirring occasionally to prevent scorching. Spoon the hot mixture into hot pint jars, leaving ¼ inch headspace. Leave Dutch oven over low heat while filling jars. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process with water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 6 pints

This ad is for the International Harvester Super Deluxe 8H5 refrigerator. Wisconsin Historical Society



CHAPTER 11

Vegetables



“Capture and hold the garden-fresh quality of vegetables.” –
IRMA

Canning

ASPARAGUS

BEANS OR PEAS

SNAP AND ITALIAN BEANS

BEETS

CARROTS

CREAM-STYLE CORN

WHOLE-KERNEL CORN

MIXED VEGETABLES

OKRA

GREEN OR ENGLISH PEAS

PUMPKINS AND WINTER SQUASH

SPINACH AND OTHER GREENS

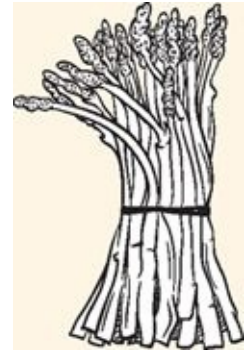
SUCCOTASH

SWEET POTATOES

Asparagus



An average of 24 ½ pounds is needed per canner-load of 7 quarts; an average of 16 pounds is needed per canner-load of 9 pints. A crate weighs 31 pounds and yields 7–12 quarts—an average of 3 ½ pounds per quart.



Use tender, tight-tipped spears, 4–6 inches long or pieces. Wash asparagus and trim tough scales. Cut off tough stems and wash. Cut into 1-inch pieces or can whole.

HOT PACK: Cover asparagus with boiling water. Boil 2–3 minutes. Loosely fill hot jars with hot asparagus, add cooking liquid and salt, leaving 1 inch headspace at the top of the jar.

RAW PACK: Fill hot jars with raw asparagus, packing as tightly as possible without crushing and leaving 1 inch headspace. Add 1 teaspoon of salt per quart to the jars, if desired. Add boiling water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

VARIATIONS: Process hot-pack pint jars for 30 minutes and quart jars for 40 minutes at 11 psi in a dial-gauge pressure canner or 10 psi in a weight-gauge pressure canner at 10 psi.

Process raw-pack pint jars for 30 minutes and quart jars for 40 minutes in a dial-gauge pressure canner at 11 psi or in a weight-gauge pressure canner at 10 psi.

Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Beans or Peas (all varieties, shelled or dry)

An average of 5 pounds beans or peas is needed per canner-load of 7 quarts; an average of 3 ¼ pounds is needed per canner-load of 9 pints—an average of ¾ pound per quart.

Select mature, dry seeds. Sort and discard discolored seeds. Place dried beans or peas in a large pot and cover with water. Soak 12–18 hours in a cool place. Drain water. To quickly hydrate beans, cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour, and drain. Cover beans soaked by either method with fresh water and boil 30 minutes. Add ½ teaspoon of salt per pint or 1 teaspoon per quart to each jar, if desired. Fill hot jars with beans or peas and cooking water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

VARIATION: Process hot-pack pint jars for 75 minutes and quart jars for 90 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer’s instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Snap and Italian Beans (green and wax)



An average of 14 pounds is needed per canner-load of 7 quarts; an average of 9 pounds is needed per canner-load of 9 pints. A bushel weighs 30 pounds and yields 12–20 quarts—an average of 2 pounds per quart.

Select filled but tender, crisp pods. Remove and discard diseased and rusty pods. Wash beans and trim ends. Leave whole or cut or snap into 1-inch pieces.

HOT PACK: Cover with boiling water and boil 5 minutes. Fill hot jars loosely with beans, cooking liquid, and salt, leaving 1 inch headspace.

RAW PACK: Fill hot jars tightly with raw beans, leaving 1 inch headspace. Add 1 teaspoon of canning salt per quart to the jars, if desired. Add boiling water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

VARIATIONS: Process hot-pack pint jars for 20 minutes and quart jars for 25 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi.

Process raw-pack pint jars for 20 minutes and quart jars for 25 minutes in a dial-

gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Beets (whole, cubed, or sliced)



An average of 21 pounds (without tops) is needed per canner-load of 7 quarts; an average of 13 ½ pounds is needed per canner-load of 9 pints. A bushel (without tops) weighs 52 pounds and yields 15–20 quarts—an average of 3 pounds per quart.

Beets with a diameter of 1–2 inches are preferred for whole packs. Beets larger than 3 inches in diameter are often fibrous. Trim beet tops, leaving 1 inch of stem and roots to reduce bleeding of color. Scrub well. Cover with boiling water and boil until skins slip off easily, about 15–25 minutes depending on size.

Cool, remove skins, and trim off stems and roots. Leave baby beets whole. Cut medium or large beets into ½-inch cubes or slices. Halve or quarter very large slices. Add 1 teaspoon of salt per quart to jars, if desired. Fill hot jars with hot beets and fresh hot water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process hot-pack pint jars for 30 minutes and quart jars for 35 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Carrots (sliced or diced)



An average of 17 ½ pounds (without tops) is needed per canner-load of 7 quarts; an average of 11 pounds is needed per canner-load of 9 pints. A bushel (without tops) weighs 50 pounds and yields 17–25 quarts—an average of 2 ½ pounds per quart.

Select small carrots, preferably 1–1 ¼ inches in diameter. Larger carrots are often too fibrous. Wash, peel, and rewash. Slice or dice.

HOT PACK: Cover with boiling water, bring to a boil, and then simmer for 5

minutes. Fill hot jars with carrots and cooking liquid, leaving 1 inch of headspace.

RAW PACK: Fill hot jars tightly with raw carrots, leaving 1 inch headspace. Add 1 teaspoon of salt per quart to jars, if desired. Add hot cooking liquid or water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

VARIATIONS: Process hot-pack pint jars for 25 minutes and quart jars for 30 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi.

Process raw-pack pint jars for 25 minutes and quart jars for 30 minutes in a dial-gauge pressure canner at 11 psi or weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Cream-Style Corn



An average of 20 pounds of sweet corn (in husks) is needed per canner-load of 9 pints. A bushel weighs 35 pounds and yields 12–20 pints—an average of 2 ¼ pounds per pint.

Husk corn, remove silk, and wash ears. Blanch ears 4 minutes in boiling water. Cut corn from cob at about the center of kernel. Scrape remaining corn from cobs with a table knife.

HOT PACK: Add 2 cups of boiling water to each quart of corn and scrapings in a saucepan. Heat to boiling. Add ½ teaspoon salt to each jar, if desired. Fill hot pint jars with hot corn mixture, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process.

Process hot-pack pint jars for 85 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Whole-Kernel Corn



An average of 31 ½ pounds of sweet corn (in husks) is needed per canner-load of 7 quarts; an average of 20 pounds is needed per canner-load of 9 pints. A bushel weighs 35 pounds and yields 6–11 quarts—an average of 4 ½ pounds per quart.

Select ears containing slightly immature kernels of ideal quality for eating fresh. Some sweeter varieties or immature kernels may cause browning. Can a small amount and check color and flavor before canning large quantities. Husk corn, remove silk, and wash. Blanch 3 minutes in boiling water. Cut corn from cob at about ¾ the depth of kernel. Do not scrape cob.

HOT PACK: Add 1 cup hot water to each clean quart of kernels in a saucepan, heat to boiling, and simmer 5 minutes. Add 1 teaspoon of salt per quart to each jar, if desired. Fill hot jars with corn and cooking liquid, leaving 1 inch headspace.

RAW PACK: Fill hot jars with raw kernels, leaving 1 inch headspace. Do not shake or press down. Add 1 teaspoon of salt per quart to the jar, if desired. Add fresh boiling water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

Process pint jars for 55 minutes and quart jars for 85 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Mixed Vegetables



6 cups sliced carrots

6 cups cut, whole kernel sweet corn

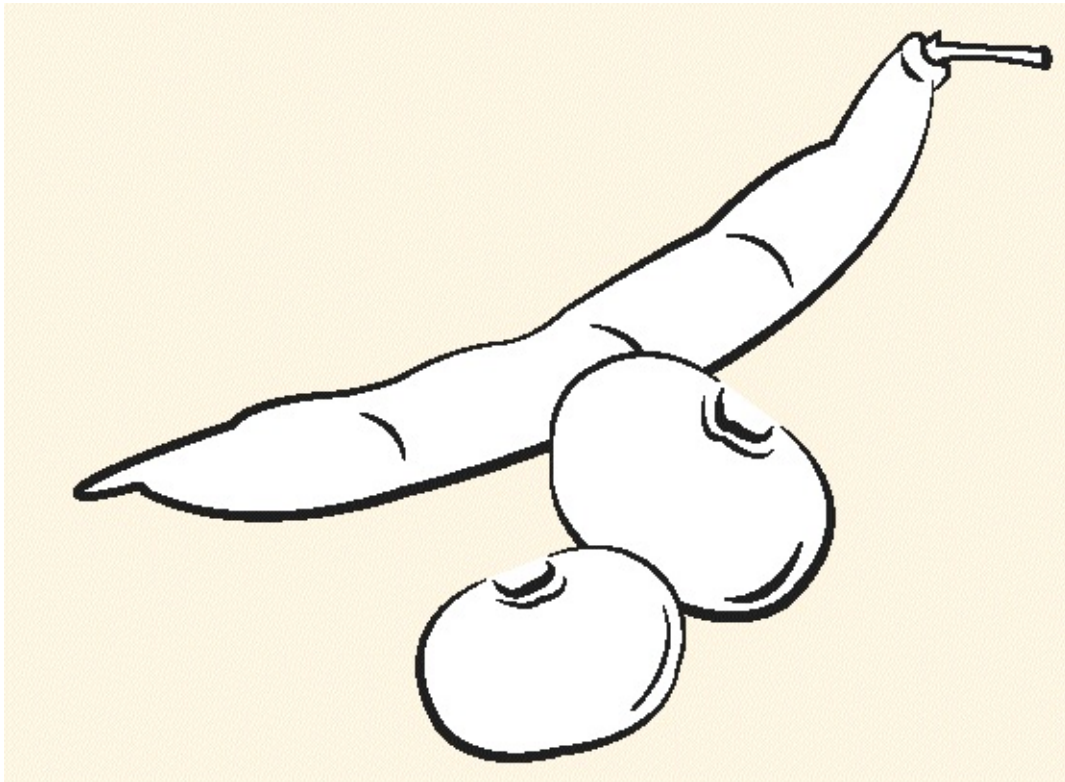
6 cups cut green beans

6 cups shelled lima beans

4 cups whole or crushed tomatoes

4 cups diced zucchini

4 cups sliced zucchini



Except for zucchini, wash and prepare vegetables as described previously for each vegetable. Wash, trim, and slice or cube zucchini; combine all vegetables in a large pot or kettle and add enough water to cover pieces. Add 1 teaspoon salt per quart to the jars, if desired. Boil 5 minutes and fill hot jars with hot pieces and liquid, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process.

Process hot-pack pint jars for 75 minutes and quart jars for 90 minutes in a dial-gauge pressure canner at 11 psi or a weight gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Change the suggested proportions or substitute other favorite vegetables except leafy greens, dried beans, cream-style corn, squash, or sweet potatoes.

Yield: 7 quarts

Okra



An average of 11 pounds is needed per canner-load of 7 quarts; an average of 7 pounds is needed per canner-load of 9 pints. A bushel weighs 26 pounds and yields 16–18 quarts—an average of 1 ½ pounds per quart.

Select young, tender pods. Remove and discard diseased and rust-spotted pods. Wash pods and trim ends. Leave whole or cut into 1-inch pieces. Cover with hot water in a saucepan, boil 2 minutes, and drain. Fill hot jars with hot okra and cooking liquid, leaving 1 inch headspace. Add 1 teaspoon of salt per quart to each jar, if desired. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

Process hot-pack pint jars for 25 minutes and quart jars for 40 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

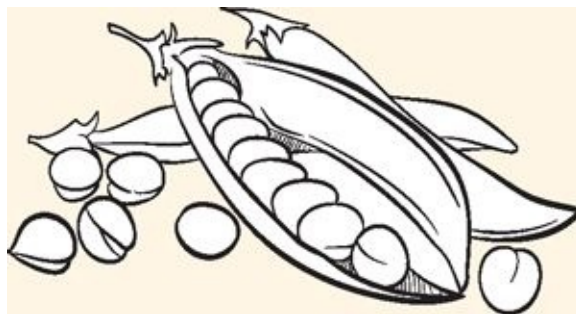
Yield: About 7 quarts, 9 pints

Green or English Peas



It is recommended that sugar snap and snow peas be frozen for best quality.

An average of 31 ½ pounds (in pods) is needed per canner-load of 7 quarts; an average of 20 pounds is needed per canner-load of 9 pints. A bushel weighs 30 pounds and yields 5–10 quarts—an average of 4 ½ pounds per quart.



Select filled pods containing young, tender, sweet seeds. Discard diseased pods. Shell and wash peas. Add 1 teaspoon of salt per quart to each jar, if desired.

HOT PACK: Cover with boiling water in a saucepan and boil 2 minutes. Fill hot jars loosely with hot peas and add cooking liquid, leaving 1 inch headspace.

RAW PACK: Fill hot jars with raw peas and add boiling water, leaving 1 inch headspace. Do not shake or press down peas. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

Process hot-pack or raw-pack pint and quart jars for 40 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

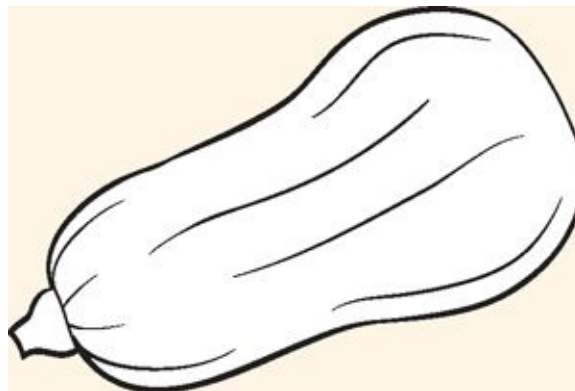
Yield: About 7 quarts or 9 pints

Pumpkins and Winter Squash



An average of 16 pounds is needed per canner-load of 7 quarts; an average of 10 pounds is needed per canner-load of 9 pints—an average of 2¼ pounds per quart.

Pumpkins and squash should have a hard rind and stringless, mature pulp of ideal quality for cooking fresh. Small pumpkins (sugar or pie varieties) make better products.



Wash, remove seeds, cut into 1-inch-wide slices, and peel. Cut flesh into 1-inch cubes. Boil 2 minutes in water. Do not mash or purée! Fill hot jars with cubes and cooking liquid, leaving 1 inch headspace. Remove air bubbles and adjust

headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process.

Process hot-pack pint jars for 55 minutes and quart jars for 90 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

When making pies, drain jars and strain or sieve the cubes at preparation time.

Yield: About 7 quarts, 9 pints

Spinach and Other Greens



An average of 28 pounds is needed per canner-load of 7 quarts; an average of 18 pounds is needed per canner-load of 9 pints. A bushel weighs 18 pounds and yields 3–9 quarts—an average of 4 pounds per quart.

Can only freshly harvested greens. Discard any wilted, discolored, diseased, or insect-damaged leaves. Leaves should be tender and attractive in color. Wash only small amounts of greens at one time. Drain water and continue rinsing until water is clear and free of grit. Cut out tough stems and midribs. Place 1 pound of greens at a time in cheesecloth bag or blancher basket and steam 3–5 minutes or until well wilted. Add $\frac{1}{2}$ teaspoon of salt to each quart jar, if desired. Fill hot jars loosely with greens and add fresh boiling water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

Process hot-pack pint jars for 70 minutes and quart jars for 90 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Yield: About 7 quarts or 9 pints

Succotash



15 pounds unhusked sweet corn or 3 quarts cut whole kernels
14 pounds mature green-podded lima beans or 4 quarts shelled limas
2 quarts crushed or whole tomatoes (optional)

CORN: Select ears containing slightly immature kernels of ideal quality for eating fresh. Some sweeter varieties or immature kernels may brown. Husk corn, remove silk, and wash. Blanch 3 minutes in boiling water. Cut corn from cob at about $\frac{3}{4}$ the depth of kernel. Do not scrape cob.

LIMA BEANS: Select well-filled pods with green seeds. Discard insect-damaged and diseased seeds. Shell beans and wash thoroughly.

TOMATOES: Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores. Trim any bruised or discolored portions and quarter. Quickly heat one-sixth of the quarters in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot.

HOT PACK: Combine all prepared vegetables in a large kettle with enough water to cover the pieces. Add 1 teaspoon salt to each hot quart jar, if desired. Boil succotash gently 5 minutes and fill hot jars with pieces and cooking liquid, leaving 1 inch headspace.

RAW PACK: Fill hot jars with equal parts of all prepared vegetables, leaving 1 inch headspace. Do not shake or press down pieces. Add 1 teaspoon salt to each quart jar, if desired. Add fresh boiling water, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

Process hot-pack and raw-pack pint jars for 60 minutes and quart jars for 85 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Yield: 7 quarts

Sweet Potatoes



Dry-packing of sweet potatoes is not recommended

Dry packing of sweet potatoes is not recommended.

An average of 17 ½ pounds is needed per canner-load of 7 quarts; an average of 11 pounds is needed per canner-load of 9 pints. A bushel weighs 50 pounds and yields 17–25 quarts—an average of 2 ½ pounds per quart.

Choose small-to medium-sized potatoes. They should be mature and not too fibrous. Can within 1–2 months after harvest. Wash potatoes and boil or steam until partially soft (15–20 minutes). Remove skins. Cut medium potatoes if needed so that pieces are uniform in size. Do not mash or purée pieces. Fill hot jars, leaving 1 inch headspace. Add 1 teaspoon salt per quart to each jar, if desired. Cover with your choice of fresh boiling water or syrup (see [pages 70–71](#)), leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process.

Process hot-pack pint jars for 65 minutes and quart jars for 90 minutes in a dial-gauge pressure canner at 11 psi or a weight-gauge pressure canner at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Another look at the well-stocked kitchen housed at International Harvester's Evansville Works. Ethel Jean Mitchell is behind the counter, serving a dish to Zelma Purchase. Wisconsin Historical Society



—holds more—yet takes no more room



CHAPTER 12

Tomatoes



“You’ll be delighted with the marvelous flavor, freshness, and quality of these tomatoes.” – IRMA

Canning

CRUSHED TOMATOES

TOMATOES PACKED IN WATER

TOMATOES PACKED IN TOMATO JUICE

TOMATOES PACKED RAW WITHOUT ADDED LIQUID

TOMATOES WITH OKRA OR ZUCCHINI

Sauces

TOMATO SAUCE

MEXICAN TOMATO SAUCE

HOT PEPPER SAUCE

SPAGHETTI SAUCE

SPAGHETTI SAUCE WITH MEAT

KETCHUP

COUNTRY WESTERN KETCHUP

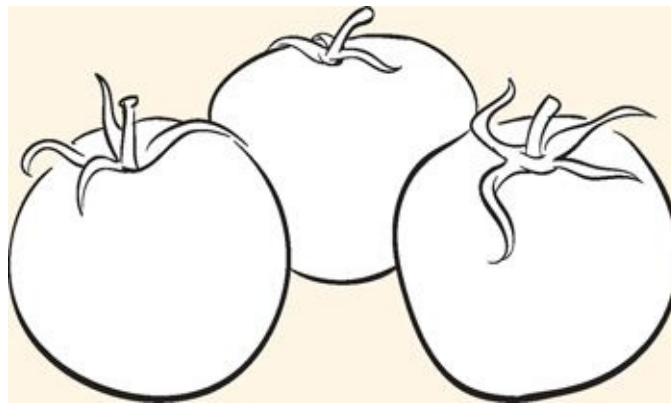
When a procedure for canning tomatoes offers both boiling water and pressure-canning options, all steps in the preparation are required even if the pressure-processing option is chosen. This includes acidification. The boiling water and

processing option is chosen. This includes acidification. The boiling-water and pressure alternatives are equal processes with different time/temperature combinations calculated for these products.

Use of a pressure canner will result in higher-quality and more nutritious canned tomato products. If your pressure canner cannot be operated above 15 psi, select a process time at a lower pressure (see [chapter 2](#)).

Tomato-Canning Tips

- Select only firm, disease-free, preferably vine-ripened tomatoes.
- Do not can tomatoes from dead or frost-killed vines.
- Green tomatoes are more acidic than ripened fruit and can be canned safely with any of the following recommendations.



Acidification

To ensure safe acidity in whole, crushed, or juiced tomatoes:

- Add 2 tablespoons of bottled lemon juice or $\frac{1}{2}$ teaspoon of citric acid per quart of tomatoes.
- For pints, use 1 tablespoon bottled lemon juice or $1\frac{1}{4}$ teaspoon citric acid.
- Lemon juice or citric acid can be added directly to the jars before filling with product.
- Add sugar to offset acid taste, if desired.
- 4 tablespoons of a 5-percent acidity vinegar per quart may be used instead of lemon juice or citric acid. However, vinegar may cause undesirable flavor changes.

Crushed Tomatoes



An average of 22 pounds is needed per canner-load of 7 quarts; an average of 14 pounds is needed per canner-load of 9 pints. A bushel weighs 53 pounds and yields 17–20 quarts of crushed tomatoes—an average of 2 $\frac{3}{4}$ pounds per quart.

Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores. Trim off any bruised or discolored portions and quarter. Heat one-sixth of the quarters quickly in a large pot, crushing them with a wooden mallet or spoon as they are added to the pot. This will exude juice. Continue heating the tomatoes, stirring to prevent burning. Once the tomatoes are boiling, gradually add remaining quartered tomatoes, stirring constantly. These remaining tomatoes do not need to be crushed. They will soften with heating and stirring. Continue until all tomatoes are added, then boil gently 5 minutes.

Add 2 tablespoons of bottled lemon juice or $\frac{1}{2}$ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon bottled lemon juice or $\frac{1}{4}$ teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of vinegar with 5 percent acidity may be used per quart instead of bottled lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. Add 1 teaspoon of salt per quart to each jar, if desired.

Fill hot jars immediately with hot tomatoes and cooking liquid, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars for 35 minutes and quart jars for 45 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

PRESSURE-CANNING OPTION: Acidification is still required for the pressure-canning option. Follow all steps above for any of the processing options. Process pint jars for 20 minutes at 6 psi and quart jars for 45 minutes at 11 psi in a dial-gauge pressure canner. If using a weight-gauge pressure canner, process pints at 5 psi and quarts at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

Yield: About 7 quarts

Tomatoes Packed in Water



An average of 21 pounds is needed per canner-load of 7 quarts; an average of 13 pounds is needed per canner-load of 9 pints. A bushel weighs 53 pounds and yields 15–21 quarts—an average of 3 pounds per quart.

For hot or raw tomatoes filled with water in jars, wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Then dip in cold water, slip off skins, and remove cores. Leave whole or halve.

Add 2 tablespoons of bottled lemon juice or $\frac{1}{2}$ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon bottled lemon juice or $\frac{1}{4}$ teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of vinegar with 5 percent acidity may be used per quart instead of bottled lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. Add 1 teaspoon of salt per quart to each jar, if desired.

For hot-pack products, add enough water to cover the tomatoes and boil them gently for 5 minutes. Fill hot jars with hot tomatoes or with raw peeled tomatoes. Add the hot cooking liquid to the hot pack (or hot water for raw pack) to cover, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars for 40 minutes and quart jars for 45 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

PRESSURE-CANNING OPTION: Acidification is still required for the pressure-canning option. Follow all steps above for any of the processing options. Process pint jars for 15 minutes at 6 psi and quart jars for 10 minutes at 11 psi in a dial-gauge pressure canner. If using a weight-gauge pressure canner, process pints at 5 psi and quarts at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

OPTION: Add basil for flavored tomatoes.

Yield: About 7 quarts or 9 pints

Tomatoes Packed in Tomato Juice



An average of 21 pounds is needed per canner-load of 7 quarts; an average of 13 pounds is needed per canner-load of 9 pints. A bushel weighs 53 pounds and yields 15–21 quarts—an average of 3 pounds per quart.

Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split, then dip in cold water. Slip off skins, remove stems and cores. Leave whole or halve.

Add 2 tablespoons of bottled lemon juice or $\frac{1}{2}$ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon bottled lemon juice or $\frac{1}{4}$ teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of vinegar with 5 percent acidity may be used per quart instead of bottled lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. Add 1 teaspoon of salt per quart to each jar, if desired.

RAW PACK: Heat tomato juice in a saucepan. Fill hot jars with raw tomatoes and cooking liquid, leaving $\frac{1}{2}$ inch headspace. Cover tomatoes in the jars with hot tomato juice, leaving $\frac{1}{2}$ inch headspace.

HOT PACK: Put tomatoes in a large saucepan and add enough tomato juice to completely cover. Boil tomatoes and juice gently for 5 minutes.

Fill hot jars with hot tomatoes and cooking liquid, leaving $\frac{1}{2}$ inch headspace. Add hot tomato juice to the jars to cover the tomatoes, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars and quart jars for 85 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

PRESSURE-CANNING OPTION: Acidification is still required for the pressure-canning option. Follow all steps above for any of the processing options. Process pint jars for 40 minutes at 6 psi and quart jars for 25 minutes at 11 psi in a dial-gauge pressure canner. If using a weight-gauge pressure canner, process pints for 40 minutes at 5 psi and quarts for 25 minutes at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Add basil for flavored tomatoes.

Yield: About 7 quarts or 9 pints

Tomatoes Packed Raw without Liquid



An average of 21 pounds is needed per canner-load of 7 quarts; an average of 13 pounds is needed per canner-load of 9 pints. A bushel weighs 53 pounds and yields 15–21 quarts—an average of 3 pounds per quart.

Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split, then dip in cold water. Slip off skins, remove stems and cores. Leave whole or halve.

Add 2 tablespoons of bottled lemon juice or $\frac{1}{2}$ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon bottled lemon juice or $\frac{1}{4}$ teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of vinegar with 5 percent acidity may be used per quart instead of bottled lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. Add 1 teaspoon of salt per quart to each jar, if desired.

Fill hot jars with raw tomatoes. Press tomatoes in the jars until spaces between them fill with juice. Leave $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims; adjust lids. Process pint jars and quart jars for 85 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

PRESSURE-CANNING OPTION: Acidification is still required for the pressure-canning option. Follow all steps above for any of the processing options. Process pint jars for 40 minutes at 6 psi and quart jars for 25 minutes at 11 psi in a dial-gauge pressure canner. If using a weight-gauge pressure canner, process pints for 40 minutes at 5 psi and quarts for 25 minutes at 10 psi. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Add basil for flavored tomatoes.

Yield: About 7 quarts or 9 pints

Tomatoes with Okra or Zucchini



An average of 12 pounds of tomatoes and 4 pounds of okra or zucchini is needed per canner-load of 7 quarts; an average of 7 pounds of tomatoes and 2 ½ pounds of okra or zucchini is needed per canner-load of 9 pints. (Use about 3 pounds tomatoes to 1 pound vegetables.)



Wash tomatoes and okra or zucchini. Dip tomatoes in boiling water 30–60 seconds or until skins split. Then dip in cold water, slip off skins, remove cores, and quarter. Trim stems from okra and slice into 1-inch pieces or leave whole. Slice or cube zucchini if used. Bring tomatoes to a boil and simmer 10 minutes. Add okra or zucchini and boil gently 5 minutes. Add 1 teaspoon of salt for each quart to the jars, if desired.

Fill hot jars with mixture and cooking liquid, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in a pressure canner.

Process pint jars for 30 minutes at 11 psi and quart jars for 35 minutes at 11 psi in a dial-gauge pressure canner, or at 10 psi for pints and quarts in a weight-gauge pressure canner. Follow manufacturer's instructions. Adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Add four or five pearl onions or two onion slices to each jar. Add basil or Italian or Cajun seasoning.

Yield: About 7 quarts or 9 pints

Tomato Sauce



For thin sauce, an average of 35 pounds is needed per canner-load of 7 quarts; an average of 21 pounds is needed per canner-load of 9 pints. A bushel weighs 53 pounds and yields 10–12 quarts of sauce—an average of 5 pounds per quart.

For thick sauce, an average of 46 pounds is needed per canner-load of 7 quarts; an average of 28 pounds is needed per canner-load of 9 pints. A bushel weighs

an average of 20 pounds is needed per canner-load of 5 pints. A bushel weighs 53 pounds and yields 7–9 quarts of thick sauce—an average of 6 ½ pounds per quart.

Wash tomatoes, remove stems, and trim off bruised or discolored portions. To prevent juice from separating, quickly cut about 1 pound of fruit into quarters and put directly into saucepan. Crush, heat, and simmer for 5 minutes before juicing. Simmer in large-diameter saucepan until sauce reaches desired consistency. Boil until volume is reduced by about one-third for thin sauce, or by one-half for thick sauce.

Add 2 tablespoons of bottled lemon juice or ½ teaspoon of citric acid per quart of tomatoes. For pints, use 1 tablespoon bottled lemon juice or ¼ teaspoon citric acid. Acid can be added directly to the jars before filling with product. Add sugar to offset acid taste, if desired. Four tablespoons of vinegar with 5 percent acidity may be used per quart instead of bottled lemon juice or citric acid. However, vinegar may cause undesirable flavor changes. Add 1 teaspoon of salt per quart to each jar, if desired.

Fill hot jars, leaving ¼ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars for 35 minutes and quart jars for 40 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

PRESSURE-CANNING OPTION: Acidification is still required for the pressure-canning option. Follow all steps above for any of the processing options. Process pint jars for 20 minutes at 6 psi and quart jars for 15 minutes at 11 psi in a dial-gauge pressure canner. If using a weight-gauge pressure canner, process pints for 20 minutes at 5 psi and quarts for 15 minutes at 10 psi. Follow manufacturer’s instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

OPTION: Add basil or oregano for flavored sauce.

Yield: Thin sauce about 7 quarts; thick sauce about 7–9 quarts

Mexican Tomato Sauce



2 ½–3 pounds serrano or jalapeño chile peppers

18 pounds tomatoes
3 cups chopped onions
1 tablespoon salt

1 tablespoon oregano

½ cup vinegar

CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Wash and dry chiles. Slit each along the side to allow steam to escape. Blister skins by placing peppers in a hot oven (400°F) or under a broiler for 6–8 minutes, or cover a hot range-top burner (gas or electric) with heavy wire mesh and place the peppers on the mesh, on the burner, for several minutes.

After blistering skins, place peppers in a pan and cover with a damp cloth to make peeling easier. Cool several minutes then peel off skins. Discard seeds and chop peppers.

Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Dip in cold water, slip off skins, and remove cores. Coarsely chop tomatoes and combine with chopped peppers and remaining ingredients in large saucepan. Bring to a boil. Cover. Reduce heat and simmer 10 minutes. Fill hot jars, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in a pressure canner.

Process pint jars for 20 minutes at 11 psi and quart jars for 25 minutes at 11 psi in a dial-gauge pressure canner, or in pint jars for 20 minutes at 10 psi and quart jars for 25 minutes at 10 psi in a weight-gauge pressure canner. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Add chopped cilantro.

Yield: About 7 quarts

Hot Pepper Sauce



3 pounds hot peppers such as Anaheim, Hungarian, jalapeños
1/3 cup minced garlic

4 cups sliced onion

1/3 cup stemmed, chopped cilantro
3 cans (28 ounces each) diced tomatoes
3 cups cider vinegar (5%)
2 ½ cups water

CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Wash, trim, and slice peppers and onions into rings using a mandolin slicer or a food processor. In a 10-quart Dutch oven or stockpot, mix together all ingredients. Boil 1 hour. Reduce heat slightly and simmer 1 additional hour. Turn heat off and cool mixture slightly. Purée vegetables in a blender about 2 minutes per blender batch. Return puréed mixture to stockpot and carefully bring just to a boil. (The mixture will start to spatter as it gets close to boiling; heat slowly while stirring constantly, being careful not to get burned by splashing sauce.) Turn off heat. Fill hot pint jars with hot sauce, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 5 pints

Spaghetti Sauce



30 pounds tomatoes

1 cup chopped onions

5 cloves garlic, minced
1 cup chopped celery or green peppers
1 pound fresh mushrooms, sliced (optional)
4 ½ teaspoons salt
2 tablespoons oregano
4 tablespoons minced parsley

2 teaspoons black pepper

¼ cup brown sugar
¼ cup vegetable or olive oil

Do not increase the proportion of onions, peppers, or mushrooms. Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large saucepan.

Put through food mill or sieve. Sauté onions, garlic, celery or peppers, and mushrooms (if desired) in vegetable or olive oil until tender. Combine sautéed vegetables and tomatoes, and add remainder of spices, salt, and sugar. Bring to a boil. Simmer, uncovered, until thick enough for serving. The initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill hot jars, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in a pressure canner.

Process pint jars for 20 minutes at 11 psi and quart jars for 25 minutes at 11 psi in a dial-gauge pressure canner or at 10 psi in a weight-gauge pressure canner. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Add basil for a more traditional Italian sauce.

Yield: About 9 pints

Spaghetti Sauce with Meat



30 pounds tomatoes

2 ½ pounds ground beef or sausage
5 cloves garlic, minced

1 cup chopped onion

1 cup chopped celery or green peppers
1 pound fresh mushrooms, sliced (optional)
4 ½ teaspoons salt
2 tablespoons oregano
4 tablespoons minced parsley

2 teaspoons black pepper

¼ cup brown sugar

Do not increase the proportion of onions, peppers, or mushrooms. Wash tomatoes and dip in boiling water for 30–60 seconds or until skins split. Dip in cold water and slip off skins. Remove cores and quarter tomatoes. Boil 20 minutes, uncovered, in large saucepan.

Put through food mill or sieve. Sauté beef or sausage until brown. Add onions, garlic, celery or peppers, and mushrooms (if desired) and cook until tender. Combine sautéed vegetables, meat, tomatoes, and add remainder of spices, salt, and sugar. Bring to a boil. Simmer, uncovered, until thick enough for serving. The initial volume will have been reduced by nearly one-half. Stir frequently to avoid burning. Fill hot jars, leaving 1 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in a pressure canner.

Process pint jars for 60 minutes and quart jars for 70 minutes at 11 psi in a dial-gauge pressure canner and pint jars for 60 minutes and quart jars for 70 minutes at 10 psi in a weight-gauge pressure canner. Follow manufacturer's instructions. Follow manufacturer's instructions and adjust time and pressure for altitude (see [pages 32–33](#)).

VARIATION: Add basil for a more traditional Italian sauce.

Yield: About 9 pints

Ketchup



24 pounds ripe tomatoes

3 cups chopped onions

$\frac{3}{4}$ teaspoon ground red pepper (cayenne)

3 cups cider vinegar (5%)

4 teaspoons whole cloves

3 sticks cinnamon, crushed

1 $\frac{1}{2}$ teaspoons whole allspice

3 tablespoons celery seeds

1 $\frac{1}{2}$ cups sugar

$\frac{1}{4}$ cup salt

Wash tomatoes. Dip in boiling water for 30–60 seconds or until skins split. Dip in cold water. Slip off skins and remove cores. Quarter tomatoes into 4-gallon stockpot or a large kettle. Add onions and red pepper. Bring to boil and simmer 20 minutes, uncovered. Cover, turn off heat, and let stand for 20 minutes.

Combine spices in a spice bag and add to vinegar in a 2-quart saucepan. Bring to boil. Remove spice bag and combine vinegar and tomato mixture. Boil about 30 minutes. Put boiled mixture through a food mill or sieve and return to pot. Add sugar and salt, boil gently, and stir frequently until volume is reduced by one-half or until mixture rounds up on spoon without separation. Fill hot pint jars, leaving $\frac{1}{8}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in water-bath canner for 15 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: 6–7 pints

Country Western Ketchup



24 pounds ripe tomatoes

5 chile peppers, sliced and seeded
¼ cup salt
2 2/3 cups vinegar (5%)
1 ¼ cups sugar
½ teaspoon ground red pepper (cayenne)
4 teaspoons paprika
4 teaspoons whole allspice
4 teaspoons dry mustard
1 teaspoon whole peppercorns
1 teaspoon mustard seeds

1 teaspoon bay leaves

Wash tomatoes. Dip in boiling water for 30–60 seconds or until skins split. Dip in cold water. Slip off skins and remove cores. Quarter tomatoes into 4-gallon stockpot or a large kettle. Add red pepper. Bring to boil and simmer 20 minutes, uncovered. Cover, turn off heat, and let stand for 20 minutes. Combine spices in a spice bag and add to vinegar in a 2-quart saucepan. Bring to boil. Remove spice bag and combine vinegar and tomato mixture. Boil about 30 minutes. Put boiled mixture through a food mill or sieve. Return to pot. Add sugar and salt, boil gently, and stir frequently until volume is reduced by one-half or until mixture rounds up on spoon without separation. Fill hot pint jars, leaving 1/8 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process in water-bath canner for 15 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: 6–7 pints

Another International Harvester model serves up some fabulous goodness. Wisconsin Historical Society



CHAPTER 13

Pickles and Relishes



“These pickles and relishes are so tempting to look at that eyes open and mouths water at the very sight of them. They make mealtime the best time of any day.” – **IRMA**

Pickles

BREAD & BUTTER PICKLES

WHISKEY BREAD & BUTTER PICKLES

FIG PICKLES

DILL PICKLES

SWEET GHERKIN PICKLES

QUICK SWEET PICKLES

PICKLED BEETS

KRISTINE'S PICKLED BEETS

PICKLED DILLED BEANS

PICKLED DILLED OKRA

PICKLED GREEN TOMATOES

PICKLED PEARL ONIONS

PICKLED HOT PEPPERS

PICKLED WATERMELON RIND

PICKLED WHOLE BERRIES

Relishes

FALL GARDEN RELISH

PICKLE RELISH

PICCALILLI

PICKLED CORN RELISH

TANGY TOMATILLO RELISH

PICKLES

Bread & Butter Pickles 6 pounds of 4- to 5-inch pickling cucumbers

8 cups thinly sliced onions (about 3 pounds)

½ cup canning or pickling salt

4 cups vinegar (5%)

4 ½ cups sugar

2 tablespoons mustard seed

1 ½ tablespoons celery seed

1 tablespoon ground turmeric

1 cup pickling lime (optional for variation for firmer pickles) Wash cucumbers.

Cut 1/16 inch off blossom end and discard. Cut into 3/16-inch slices. Combine cucumbers and onions in a large bowl. Add salt. Cover with 2 inches crushed or cubed ice. Refrigerate 3–4 hours, adding more ice as needed.

Combine remaining ingredients in a large pot. Boil 10 minutes. Drain and add cucumbers and onions and slowly reheat to boiling. Fill hot pint jars with slices and cooking syrup, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint or quart jars for 10 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

Low-temperature pasteurization treatment can also be used. This results in a better texture but must be carefully managed to avoid spoilage. Place jars in a water-bath canner filled halfway with warm (120°–140°F) water. Then add hot water to a level 1 inch above jars. Heat the water enough to maintain 180°–185°F for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes.

Temperatures higher than 185°F may cause unnecessary softening of pickles.

VARIATION: For firmer pickles, wash cucumbers. Cut 1/16 inch off blossom end and discard. Cut into 3/16-inch slices. Mix 1 cup pickling lime and ½ cup salt to 1 gallon water in a 2-to 3-gallon crock or enamelware container. (**CAUTION:** Avoid inhaling lime dust while mixing the lime-water solution.) Soak cucumber slices in lime-water for 12–24 hours, stirring occasionally. Remove from lime solution, rinse, and re-soak 1 hour in fresh cold water. Repeat the rinsing and soaking steps two more times. Handle carefully, as slices will be brittle. Drain well.

After processing and cooling, jars should be stored 4–5 weeks to develop ideal flavor.

VARIATION: For squash bread & butter pickles, substitute slender (1 to 1 ½ inches in diameter) zucchini or yellow summer squash for cucumbers.

Yield: About 8 pints

Whiskey Bread & Butter Pickles

From Kristine Kittrell, Austin, Texas



3 English hot house or similar cucumbers
½ cup canning or pickling salt

1 cup cider vinegar

¾ cup sugar
1 tablespoon black mustard seed
1 teaspoon black pepper

1 cup Templeton whiskey

Wash cucumbers. Cut into ½-inch slices. Combine cucumbers and add salt. Cover with icy water and soak overnight. Strain. Combine sugar and vinegar and bring to a boil. Cool the liquid and combine with whiskey, spices, and cucumbers. Fill hot pint jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and refrigerate.

Fig Pickles



4 quarts firm ripe figs

5 cups sugar, divided

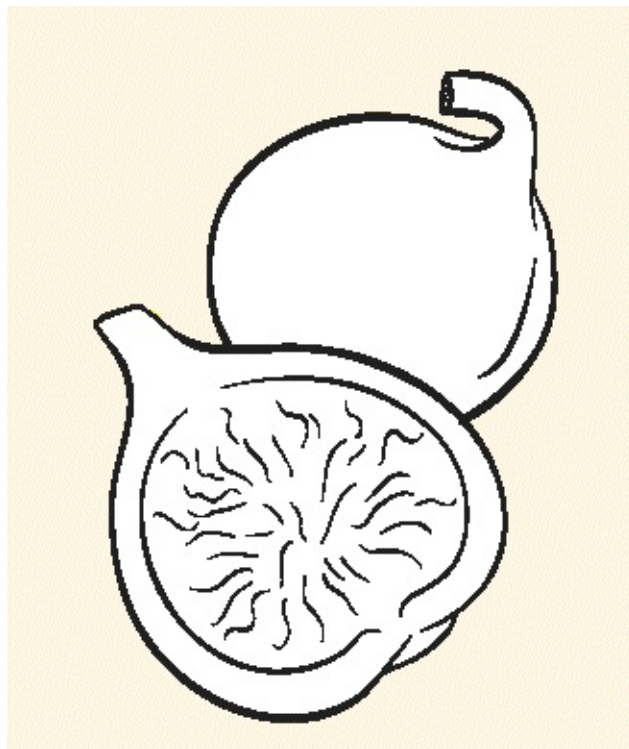
2 quarts water

3 cups vinegar

2 sticks cinnamon

1 tablespoon whole allspice

1 tablespoon whole cloves



Peel figs. (If unpeeled figs are preferred, pour boiling water over figs and let stand until cool and then drain.) Add 3 cups sugar to water and cook until sugar dissolves. Add figs and cook slowly for 30 minutes. Add 2 cups sugar and vinegar. Tie spices in a cheesecloth bag and add to figs. Cook gently until figs are clear. Cover and let stand 12–24 hours in refrigerator.

Remove spice bag. Heat figs in brine to the boiling point. Fill hot figs and brine into clean, hot jars, leaving ½ inch head space. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process pint jars for 15 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8 pints

Adapted from “So Easy to Preserve, 5th Ed.,” Bulletin 989. Cooperative Extension Service, The University of Georgia, Athens, GA, 2006. Revised by Elizabeth L. Andress, PhD, and Judy A. Harrison, PhD, Extension Foods Specialists. Used with permission.

Dill Pickles Use the following quantities for each gallon capacity of your containers.



4 pounds of 4-inch pickling cucumbers

2 tablespoons dill seed or 4 to 5 heads fresh or dry dill weed ½ cup salt
¼ cup vinegar (5%)
8 cups water and one or more of the following ingredients: 2 cloves garlic (optional)
2 dried red peppers (optional)
2 teaspoons whole mixed pickling spices (optional) Wash cucumbers. Cut 1/16-inch slice off blossom end and discard. Leave ¼ inch of stem attached. Place half of dill and spices on bottom of a clean, suitable container of food-grade plastic, glass, or stone. Add cucumbers, remaining dill, and spices. Dissolve salt in vinegar and water and pour over cucumbers. Add suitable cover and weight.

Store where temperature is 70°–75°F for about 3–4 weeks while fermenting. Temperatures of 55°–65°F are acceptable, but the fermentation will take 5–6 weeks. Avoid temperatures above 80°F, or pickles will become too soft during fermentation.

Fermenting pickles cure slowly. Check the container several times a week and promptly remove surface scum or mold. **CAUTION:** If the pickles become soft, slimy, or develop a disagreeable odor, discard them. Fully fermented pickles may be stored in the original container for about 4–6 months, provided they are refrigerated and surface scum and molds are removed regularly.

Canning fully fermented pickles is a better way to store them. To can them, pour the brine into a pan, heat slowly to a boil, and simmer 5 minutes. Filter brine through paper coffee filters to reduce cloudiness, if desired. Fill hot jar with pickles and hot brine, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process pint jars for 10 minutes and quart jars for 15 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

Low-temperature pasteurization treatment can also be used. This results in a better texture but must be carefully managed to avoid spoilage. Place jars in a water-bath canner filled halfway with warm (120°–140°F) water. Then add hot water to a level 1 inch above jars. Heat the water enough to maintain 180°–185°F for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes. Temperatures higher than 185°F may cause unnecessary softening of pickles.

Sweet Gherkin Pickles 7 pounds cucumbers (1 ½ inch or less)



½ cup canning or pickling salt

8 cups sugar

6 cups vinegar (5%)

¾ teaspoon turmeric

2 teaspoons celery seeds

2 teaspoons whole mixed pickling spice

2 cinnamon sticks

½ teaspoon fennel (optional)

2 teaspoons vanilla (optional)

Wash cucumbers. Cut 1/16-inch slice off blossom end and discard, but leave ¼ inch of stem attached. Place cucumbers in large container and cover with boiling water. Six to 8 hours later, and again on the second day, drain and cover with 6 quarts of fresh boiling water containing ¼ cup salt. On the third day, drain cucumbers and prick with a table fork. Combine and bring to a boil 3 cups vinegar, 3 cups sugar, turmeric, and spices. Pour over cucumbers. Six to 8 hours later, drain and save the pickling syrup. Add another 2 cups each of sugar and vinegar and reheat to boil. Pour over pickles. On the fourth day, drain and save syrup. Add another 2 cups sugar and 1 cup vinegar. Heat to boiling and pour over pickles. Drain and save pickling syrup 6–8 hours later. Add 1 cup sugar and 2 teaspoons vanilla and heat to boiling. Fill hot, sterile pint jars with pickles and cover with hot syrup, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars for 5 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

Low-temperature pasteurization treatment can also be used. This results in a better texture but must be carefully managed to avoid spoilage. Place jars in a water-bath canner filled halfway with warm (120°–140°F) water. Then add hot water to a level 1 inch above jars. Heat the water enough to maintain 180°–185°F for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes.

Temperatures higher than 185°F may cause unnecessary softening of pickles.

Yield: About 6–7 pints

Quick Sweet Pickles 8 pounds of 3-to 4-inch pickling cucumbers (may be canned as strips or slices) 1/3 cup canning or pickling salt



4 ½ cups sugar

3 ½ cups vinegar (5%)

2 teaspoons celery seed

1 tablespoon whole allspice

1 tablespoon whole allspice

2 tablespoons mustard seed

1 cup pickling lime (optional for variation for firmer pickles) Wash cucumbers. Cut 1/16 inch off blossom end and discard, but leave ¼ inch of stem attached. Slice or cut in strips. Place in bowl and sprinkle with 1/3 cup salt. Cover with 2 inches of crushed or cubed ice. Refrigerate 3–4 hours. Add more ice as needed. Drain well. Combine sugar, vinegar, celery seed, allspice, and mustard seed in 6-quart kettle. Heat to boiling.

HOT PACK: Add cucumbers and heat slowly until vinegar solution returns to boil. Stir occasionally to make sure mixture heats evenly. Fill sterile jars, leaving ½ inch headspace.

RAW PACK: Fill hot jars, leaving ½ inch headspace. Add hot pickling syrup, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process hot-pack pint or quart jars for 5 minutes and raw-pack pint jars for 10 minutes and quart jars for 15 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

Low-temperature pasteurization treatment can also be used. This results in a better texture but must be carefully managed to avoid spoilage. Place jars in a water-bath canner filled halfway with warm (120°–140°F) water. Then add hot water to a level 1 inch above jars. Heat the water enough to maintain 180°–185°F for 30 minutes. Check with a candy or jelly thermometer to be certain that the water temperature is at least 180°F during the entire 30 minutes.

Temperatures higher than 185°F may cause unnecessary softening of pickles.

VARIATIONS: For firmer pickles, wash cucumbers and cut 1/16 inch off blossom end and discard, but leave ¼ inch of stem attached. Slice or strip cucumbers. Mix 1 cup pickling lime and ½ cup salt to 1 gallon water in a 2- to 3-gallon crock or enamelware container. (**CAUTION:** Avoid inhaling lime dust while mixing the lime-water solution.) Soak cucumber slices or strips in lime-water solution for 12–24 hours, stirring occasionally. Remove from lime solution, and rinse and re-soak 1 hour in fresh cold water. Repeat the rinsing and re-soaking two more times. Handle carefully because slices or strips will be brittle. Drain well. After processing and cooling, jars should

be stored 4–5 weeks to develop ideal flavor.

For additional flavor, add 2 slices of raw whole onion to each jar before filling with cucumbers.

Yield: About 7–9 pints

Pickled Beets 7 pounds of 2-to 2 ½-inch diameter beets



4 cups vinegar (5%)
1 ½ teaspoons canning or pickling salt
2 cups sugar
2 cups water
2 cinnamon sticks

12 whole cloves

4 to 6 2-to 2 ½-inch diameter onions (if desired) Trim off beet tops, leaving 1 inch of stem and roots to prevent color bleeding. Wash thoroughly and sort for size. Cover similar sizes together with boiling water and cook until tender (about 25–30 minutes). **CAUTION:** Drain and discard liquid. Cool beets. Trim off roots and stems and slip off skins. Slice into ¼-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag. Fill hot jars with beets and onions. Add hot vinegar solution, allowing ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint or quart jars in a water-bath canner for 30 minutes. Adjust time for altitude (see [pages 32–33](#)).

For pickled whole baby beets, follow above directions but use beets that are 1 to 1 ½ inches in diameter. Pack whole; do not slice. Onions may be omitted.

Yield: About 8 pints

Kristine's Pickled Beets From Kristine Kittrell, Austin, Texas

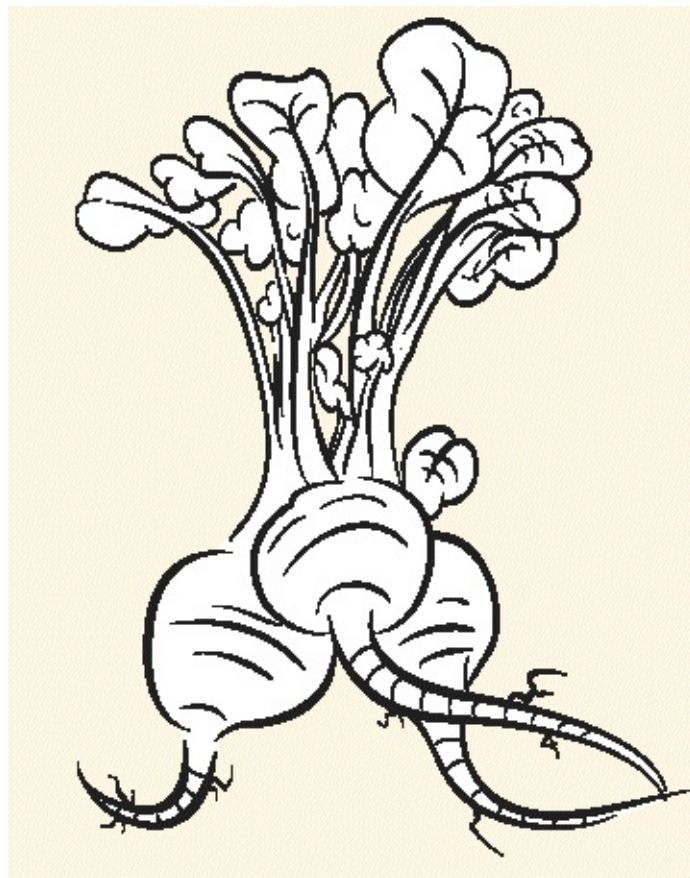


3–4 pounds of beets
2 cups balsamic vinegar

1 cup sugar

1 ½ teaspoons canning or pickling salt

2 cups water



Trim off beet tops and roots. Wash thoroughly and sort for size. Cover with boiling water. Cook until tender. Remove skins and slice into ¼-inch slices. Leave whole if small.

Strain 1 cup of liquid through cheesecloth and combine with balsamic vinegar. Bring to a boil, and add sugar and salt.

Fill hot jars with beets. Add boiling vinegar solution, allowing 1/8 inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint or quart jars in a water-bath canner for 30 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8 pints

Pickled Dilled Beans 4 pounds fresh tender green or yellow beans (5 to 6 inches long) 8–16 heads fresh dill



8 cloves garlic (optional)
½ cup canning or pickling salt
4 cups white vinegar (5%)

4 cups water

1 teaspoon hot red pepper flakes (optional)

Wash and trim ends from beans and cut into 4-inch lengths. In each hot, sterile pint jar, place 1–2 dill heads and, if desired, 1 clove of garlic. Place whole beans upright in jars, leaving ½ inch headspace. If necessary, trim beans to ensure proper fit. Combine salt, vinegar, water, and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars in a water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8 pints

Pickled Dilled Okra 7 pounds small



okra pods

6 small hot peppers

4 teaspoons dill seed

8–9 garlic cloves

2/3 cup canning or pickling salt

6 cups water

6 cups vinegar (5%)

Wash and trim okra. Fill hot jars firmly with whole okra, leaving ½ inch headspace. Place 1 garlic clove in each jar. Combine salt, hot peppers, dill seed, water, and vinegar in large saucepan and bring to a boil. Pour hot pickling solution over okra, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint jars in a water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8–9 pints

Pickled Green Tomatoes From Jesse Griffiths and Tamara Mayfield, Dai Due, Austin, Texas 4–5 medium green tomatoes, sliced ½ inch thick



Brine:

1 cup white wine or apple cider vinegar 1 cup water

2 cloves

2 slices of onion 1 slice of ginger, or ½ teaspoon ground ginger 1 teaspoon

yellow mustard seeds 1 allspice berry 2 teaspoons salt 1 tablespoon sugar

Layer the tomatoes in a glass jar or ceramic dish and salt them, letting them sit overnight. Drain the tomatoes well and pack them into sterilized pint jars if processing. Bring the vinegar, water, cloves, onion, ginger, mustard

in processing. Bring the vinegar, water, cloves, onion, ginger, mustard, allspice, and sugar to a boil. Pour the boiling brine over the tomatoes and allow to cool, making sure they are covered.

For water bath, process for 15 minutes or allow to sit refrigerated for a few days before eating. Refrigerated, they will keep for months.

Yield: 2 pints

Pickled Pearl Onions



8 cups peeled white pearl onions

5 ½ cups white vinegar (5%)

1 cup water

2 teaspoons canning salt

2 cups sugar

8 teaspoons mustard seed

4 teaspoons celery seed

To peel onions, place a few at a time in a wire-mesh basket or strainer, dip in boiling water for 30 seconds, then remove and place in cold water for 30 seconds. Cut a 1/16-inch slice from the root end and then remove the peel and cut 1/16 inch from the other end. Combine vinegar, water, salt, and sugar in an 8-quart Dutch oven or stockpot. Bring to a boil and hold for 3 minutes. Add peeled onions and return to a boil. Reduce heat to a simmer and heat until half-cooked (about 5 minutes). Meanwhile, place 2 teaspoons mustard seed and 1 teaspoon celery seed into each empty hot pint jar. Fill with hot onions, leaving 1 inch headspace. Fill with hot pickling liquid, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint jars in a water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 3–4 pints

Pickled Hot Peppers 4 pounds hot long red, green, and/or yellow peppers such as Hungarian, banana, chile, and jalapeño



3 pounds sweet red and green peppers, mixed
5 cups vinegar (5%)
1 cup water
4 teaspoons canning or pickling salt
2 tablespoons sugar

2 cloves garlic

CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Wash peppers. If small peppers are left whole, slash 2–4 slits in each. Quarter large peppers. Blanch in boiling water or blister skins on tough-skinned peppers by placing peppers in a hot oven (400°F) or under a broiler for 6–8 minutes, or cover a hot range-top burner (gas or electric) with heavy wire mesh and peppers on burner for several minutes. Remove the skins.

After blistering skins, place peppers in a pan and cover with a damp cloth to make peeling easier. Cool several minutes and peel off skins. Flatten small peppers. Quarter large peppers. Fill hot jars with peppers, leaving ½ inch headspace. Combine and heat other ingredients to boiling and simmer 10 minutes. Remove garlic. Add hot pickling solution over peppers, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint or pint jars in a water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 9 pints

Pickled Watermelon Rind From Jesse Griffiths and Tamara Mayfield, Dai Due, Austin, Texas 5 pounds watermelon rind, sliced



¼ cup salt

Brine:

3 cups apple cider vinegar 3 cups water

3 cinnamon sticks 2 teaspoons cloves 5 cardamom pods 2 teaspoons

peppercorns 1 pound brown sugar Trim the pink flesh and the green outer skin from the rind. Cut into small strips, about 1 x 2 inches. Toss rind with salt and let stand one day. Drain. Place watermelon rinds in pint jars. Boil brine and pour over rinds. Let stand one week in the refrigerator before serving. Store in refrigerator.

Pickled Whole Berries From Stephanie McClenny, Confituras, Austin, Texas 4 pints local blueberries, dewberries, or blackberries 2 cups white or red wine vinegar (5% acidity)



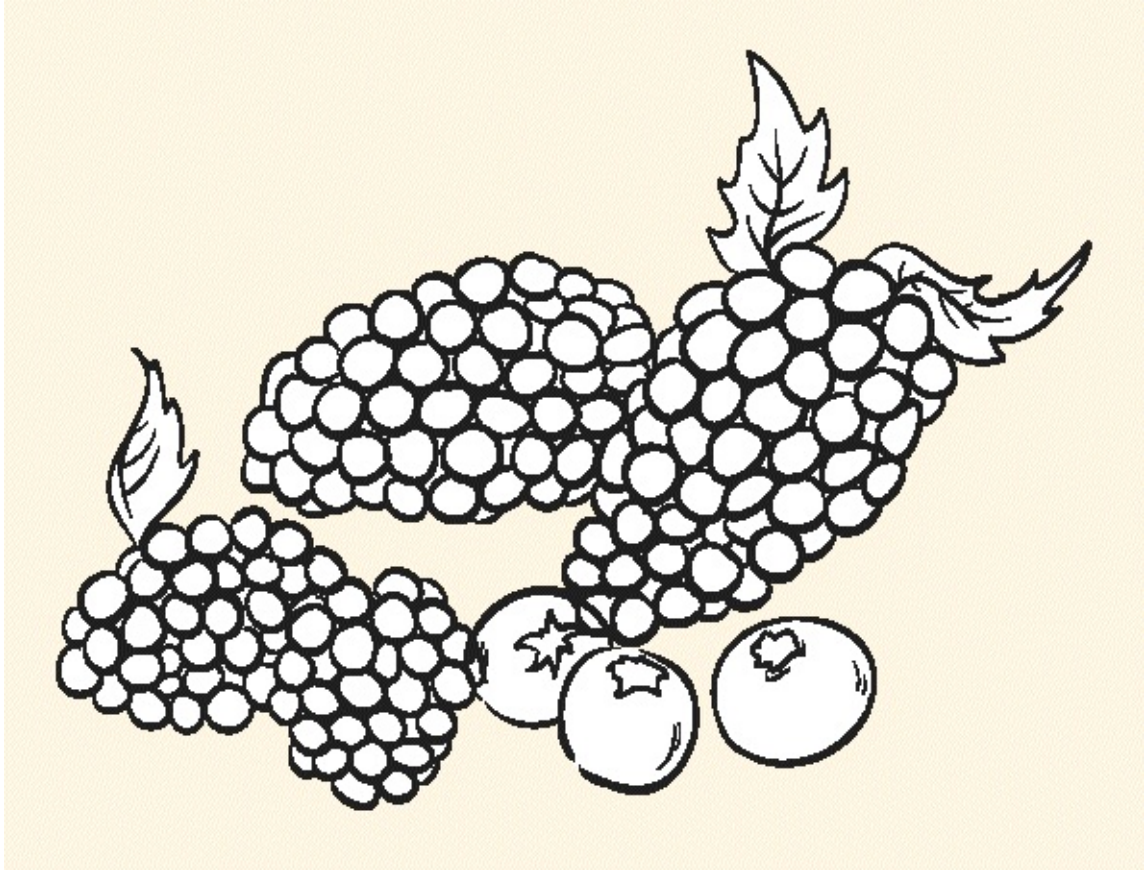
A few whole cinnamon sticks

1 teaspoon black or pink whole peppercorns

1 teaspoon allspice berries

½ teaspoon whole cloves

2 cups organic cane sugar



Place spices in a small square of cheesecloth or tea infuser and drop into a medium-size pot with the vinegar. Bring to a simmer for a few minutes, covered. Remove from heat. Add berries and stir to heat and cover with vinegar. Allow to steep for 6–8 hours on stovetop or in refrigerator.

Pour berries into a colander set over a large bowl or pitcher. Remove spices. Add spiced vinegar and sugar back into pot and bring to a quick boil, simmering a few minutes until thick and syrupy.

Ladle berries into hot jars, then pour vinegar syrup over them with $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Fill sterile, hot half-pint jars, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)). Remove jars and place on towel on counter to cool completely.

Yield: 5–6 half-pints

RELISHES

Fall Garden Relish 1 quart chopped cabbage (about 1 small head) 3 cups chopped cauliflower (about 1 medium head) 2 cups chopped green tomatoes (about 4 medium)



2 cups chopped onions

2 cups chopped sweet green peppers (about 4 medium) 1 cup chopped sweet red peppers (about 2 medium) 3 $\frac{3}{4}$ cups vinegar (5%)

3 tablespoons canning salt

2 $\frac{3}{4}$ cups sugar

3 teaspoons celery seed

3 teaspoons dry mustard

1 $\frac{1}{2}$ teaspoons turmeric

Combine washed, chopped vegetables and sprinkle with 3 tablespoons salt. Let stand 4–6 hours in the refrigerator. Drain well. Combine vinegar, sugar, and spices; simmer 10 minutes. Add vegetables; simmer another 10 minutes. Bring to a boil.

Pack boiling hot relish into hot jars, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process

half-pint or pint jars in a water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 4 pints

Adapted from “So Easy to Preserve, 5th Ed.,” Bulletin 989. Cooperative Extension Service, The University of Georgia, Athens, GA, 2006. Revised by Elizabeth L. Andress, PhD, and Judy A. Harrison, PhD, Extension Foods Specialists. Used with permission.

Pickle Relish



3 quarts chopped cucumbers

3 cups each of chopped sweet green and red peppers

1 cup chopped onions

$\frac{3}{4}$ cup canning or pickling salt

4 cups ice

8 cups water

2 cups sugar

4 teaspoons each of mustard seed, turmeric, whole allspice, and whole cloves
6 cups white vinegar (5%)

Add cucumbers, peppers, onions, salt, and ice to water and let stand 4 hours. Drain and recover vegetables with fresh ice water for another hour. Drain again. Combine spices in a spice or cheesecloth bag. Add spices to sugar and vinegar. Heat to boiling and pour mixture over vegetables. Cover and refrigerate 24 hours. Heat mixture to boiling and fill into hot jars, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint or pint jars in a water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 9 pints

Piccalilli



6 cups chopped green tomatoes

1 ½ cups chopped sweet red peppers 1 ½ cups chopped green peppers
2 ¼ cups chopped onions
7 ½ cups chopped cabbage
½ cup canning or pickling salt

3 tablespoons whole mixed pickling spice

4 ½ cups vinegar (5%)

3 cups brown sugar

Wash, chop, and combine vegetables with ½ cup salt. Cover with hot water and let stand 12 hours. Drain and press in a clean white cloth to remove all possible liquid. Tie spices loosely in a spice bag and add to combined vinegar and brown sugar and heat to a boil in saucepan. Add vegetables and boil gently 30 minutes or until the volume of the mixture is reduced by one-half. Remove spice bag. Fill hot, sterile jars with hot mixture, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint or pint jars in a water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 9 half-pints

Pickled Corn Relish 10 cups fresh
whole kernel corn (16–20 medium-size
ears) or six 10-ounce packages of frozen



corn 2 ½ cups diced sweet red peppers 2
½ cups diced sweet green peppers 2 ½
cups chopped celery

1 ¼ cups diced onions

1 ¾ cups sugar

5 cups vinegar (5%)

2 ½ tablespoons canning or pickling salt 2 ½ teaspoons celery seed

2 ½ teaspoons dry mustard

1 ¼ teaspoons turmeric



Boil corn ears 5 minutes. Dip in cold water. Cut whole kernels from cob or use six 10-ounce frozen packages of corn. Combine peppers, celery, onions, sugar, vinegar, salt, and celery seed in a saucepan. Bring to boil and simmer 5 minutes, stirring occasionally. Mix mustard and turmeric in ½ cup of the simmered mixture. Add this mixture and corn to the hot mixture. Simmer another 5 minutes. If desired, thicken mixture with flour paste (¼ cup flour blended in ¼ cup water) and stir frequently. Fill hot jars with hot mixture, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process half-pint or pint jars in a water-bath canner for 15 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 9 pints

Tangy Tomatillo Relish 12 cups



chopped tomatillos

3 cups finely chopped jicama

3 cups chopped onion

6 cups chopped plum-type tomatoes

1 ½ cups chopped green bell pepper 1 ½ cups chopped red bell pepper 1 ½ cups
chopped yellow bell pepper 1 cup canning salt

2 quarts water

6 tablespoons whole mixed pickling spice

1 tablespoon crushed red pepper flakes (optional)

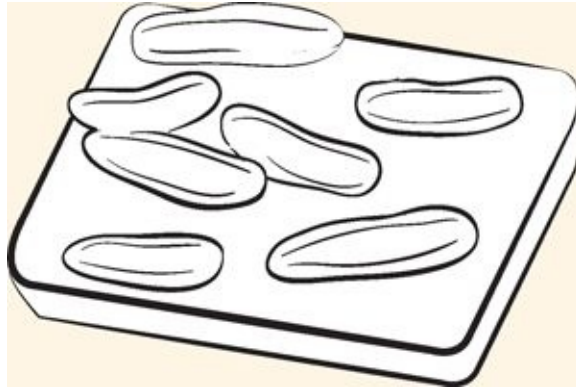
6 cups sugar

6 ½ cups cider vinegar (5%)

Remove husks from tomatillos and wash well. Peel jicama and onion. Wash all vegetables well before trimming and chopping. Place chopped tomatillos, jicama, onion, tomatoes, and all bell peppers in a 4-quart Dutch oven or saucepot. Dissolve canning salt in water. Pour over prepared vegetables. Heat to boiling and simmer 5 minutes. Drain thoroughly through a cheesecloth-lined strainer until no more water drips through, about 15–20 minutes. Place pickling spice and optional red pepper flakes on a clean, double-layer, 6-inch-square piece of 100-percent cotton cheesecloth. Bring corners together and tie with a clean string (or use a purchased muslin spice bag). Mix sugar, vinegar, and spices (in cheesecloth bag) in a saucepan; bring to a boil. Add drained vegetables. Return to boil; reduce heat and simmer, uncovered, 30 minutes. Remove spice bag.

Fill hot relish mixture into hot pint jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process pint jars in a water-bath canner for 15 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 6–7 pints



This circa 1950 example shows the appliance in a wood and brick kitchen. Wisconsin Historical Society / 24151



CHAPTER 14

Jams and Jellies



“It’s so easy to preserve all the natural goodness—the fresh flavor, texture, sweetness in these tempting, different, easy-to-make jams and jellies.” –
IRMA

Jams

BLACK APPLE JAM

BLUEBERRY-SPICE JAM

CARROT CAKE JAM

LOCAL FIG JAM

PEAR-APPLE JAM

SASKATOON BERRY JAM

SMOKE-DRIED TOMATO JAM

STRAWBERRY JAM

STRAWBERRY FREEZER JAM

STRAWBERRY-ROSE PETAL JAM

UNCOOKED BERRY JAM

Jellies

BEST OF THE BERRIES JELLY

GOLDEN PEPPER JELLY

GRAPE JELLY

GRAPE-PLUM JELLY

LAKEFRONT BREWERY BAY VIEW BROWN ALE BEER JELLY

STRAWBERRY-RHUBARB JELLY

WINE JELLY

Conserves, Preserves, and Spreads

APRICOT-ORANGE CONSERVE

CRANBERRY CONSERVE

DAMSON PLUM-ORANGE CONSERVE

APPLE BUTTER

PUMPKIN BUTTER

TEXAS APPLE BUTTER

GINGER PEAR PRESERVES

PEACH-PINEAPPLE SPREAD

Marmalades

CITRUS MARMALADE

CRANBERRY MARMALADE

TOMATO MARMALADE

GRANDMA SCHMIEGE'S HOMEMADE BREAD

JAMS

Black Apple Jam From Christina Ward, Master Food Preserver, Milwaukee, Wisconsin 16 ounces juiced blackberries (about 6 cups) 12 ounces unfiltered apple juice



4 cups cane sugar

2 tablespoons bottled lemon juice

2/3 cup low-sugar pectin (2 packages)

Late July and early August in Wisconsin is the time to look through your favorite wild areas for blackberries. Lush and big with a tart bite, blackberries are beloved by us northerners (including the deer and bears). This jelly is a blend of blackberry and apple juice. The apple juice helps temper the tartness of the blackberry for a smooth jam.

Blackberries are filled with small seeds. People are of two minds about them: they either love them or hate them! If you love them, skip this part and make jam. If you hate them, pay attention!

First, you need to juice the berries. Put about 6 cups of berries into a heavy-bottom stock pot and cover with about 2 cups water. Heat to boiling and mash berries with potato mashers. Turn off heat. Let sit covered until cooled. When cooled, strain berry mush through chinois straining sieve or a Foley mill, or push through mesh strainer with the back of a spoon. The product will be a combo of the juice and fruit pulp. This makes for a toothsome and smooth jam. If you wish a clear, smooth jelly, further strain the pulp through a jelly bag.

Pour blackberry pulp, apple juice, and lemon juice into pot and bring contents to boil. Mix low-sugar pectin with $\frac{1}{2}$ cup of the cane sugar and add to pot. Bring back to boil, stirring to fully integrate ingredients. Let boil for 1 minute. Add remainder of sugar and stir to prevent scorching. Bring to roiling boil for 3 minutes. Turn off heat. Check set.

Fill sterile, hot half-pint jars, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)). Remove jars and place on towel on counter to cool completely.

Yield: About 7–9 half-pints

Blueberry-Spice Jam 2 $\frac{1}{2}$ pints ripe blueberries



1 tablespoon lemon juice

$\frac{1}{2}$ teaspoon ground nutmeg or cinnamon
5 $\frac{1}{2}$ cups sugar
 $\frac{3}{4}$ cup water
1 package (1 $\frac{3}{4}$ ounces) powdered pectin

Wash and thoroughly crush blueberries, one layer at a time, in a saucepan. Add lemon juice, spices, and water. Stir in pectin and bring to a full rolling boil over high heat, stirring frequently. Add the sugar and return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill sterile half-pint jars, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 5 half-pints

Carrot Cake Jam From Sarah



Galloway, Tomac Pumpkin Patch, Chesaning, Michigan 1 ½ cups finely grated peeled carrots

1 ½ cups peeled, cored, and chopped pears
1 ¾ cups canned pineapple, including juice
3 tablespoons lemon juice

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg
½ teaspoon ground cloves
1 package (1 ¾ ounces) powdered fruit pectin 6 ½ cups granulated sugar

In large stainless-steel saucepan, combine carrots, pears, pineapple with juice, lemon juice, cinnamon, nutmeg, and cloves. Bring to a boil over high heat, stirring frequently. Reduce heat, cover, and gently boil for 20 minutes, stirring frequently. Remove from heat and whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil. Boil hard, stirring constantly for 1 minute. Remove from heat and skim off foam. Ladle hot jam into hot jars, leaving about ¼ inch headspace. Remove air bubbles and adjust headspace if necessary by adding hot jam. Wipe jar rims. Center lids on jars, screw bands down until resistance is met, then increase to fingertip tight. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes, adjusting for altitude (see [pages 32–33](#)). Remove canner lid, wait 5 minutes, then remove jars. Cool and store.

Yield: About 6 half-pints

Local Fig Jam From Stephanie McClenny, Confituras, Austin, Texas 3



**½ pounds local figs, rinsed, stemmed,
and quartered**

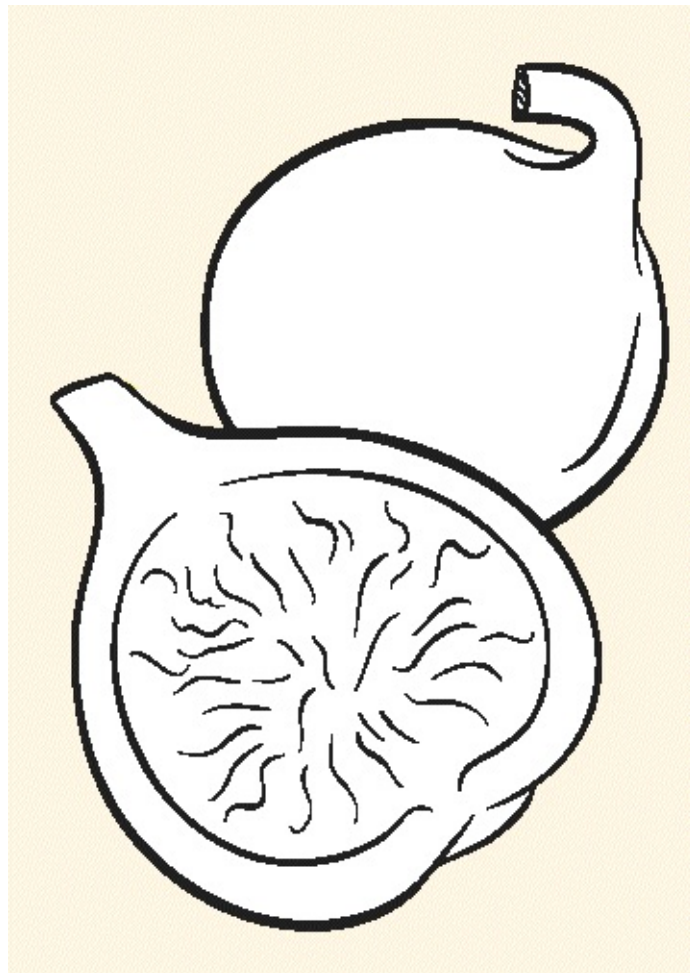
2 pounds organic cane sugar

¼ cup lemon juice

2 fresh bay leaves

1 cup water

¼ cup local wildflower honey



Place all ingredients except water and honey into a large, nonreactive bowl and allow to macerate overnight.

allow to macerate overnight.

Pour contents of bowl into a heavy-bottomed pot, add water, and place over low heat to melt the sugar. When mixture no longer feels grainy while stirring, crank up the heat to medium-high for 20–30 minutes, being careful to stir the mixture frequently so it does not stick to the bottom of the pot. When mixture starts looking “jammy” (thick, shiny, large bubbles), remove from heat. Crush fig mixture with a potato masher or whirl with a hand immersion blender for a smoother texture if desired. Place a dollop of jam on a cold plate to test gel and taste for flavor and sweetness. Remove bay leaves and any foam or bubbles that have collected on the surface of the jam. Add honey and stir well.

Fill sterile jars, leaving ½ inch headspace, Wipe jar rims, adjust lids, and process hot-pack pint or quart jars for 5 minutes and raw-pack pint and quart jars for 10 minutes in a water-bath canner. Adjust time for altitude (see [pages 32–33](#)). Remove from canner and leave undisturbed for 24 hours, making sure all jars have sealed.

Yield: 6–7 half-pints

Pear-Apple Jam 2 cups peeled, cored, and finely chopped pears (about 2 pounds) 1 cup peeled, cored, and finely chopped apples 6 ½ cups sugar



¼ teaspoon ground cinnamon

1/3 cup bottled lemon juice

6 ounces liquid pectin

Crush apples and pears in a large saucepan and stir in cinnamon. Thoroughly mix sugar and bottled lemon juice with fruits and bring to a boil over high heat, stirring constantly. Immediately stir in pectin. Bring to a full, rolling boil and boil hard 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill sterile half-pint or pint jars, leaving ¼ inch headspace. Wipe jar

rims. Adjust lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 7–8 half-pints

Saskatoon Berry Jam From Sarah Galloway, Tomac Pumpkin Patch, Chesaning, Michigan

4 ½ cups Saskatoon berries



4 tablespoons lemon juice

6 cups granulated sugar

1 package (1 ¾ ounces) powdered fruit pectin 2 tablespoons orange-flavored liqueur (optional) In large stainless-steel saucepan, combine berries and lemon juice, and whisk in pectin until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full, rolling boil, stirring constantly. Boil hard, stirring constantly, for 1 minute. Immediately stir in orange-flavored liqueur (if desired). Remove from heat and skim off foam. Fill sterile jars, leaving about ¼ in headspace. Remove air bubbles and adjust headspace if necessary by adding hot preserves. Wipe jar rims. Center lids on jars and screw bands down until resistance is met, then increase to fingertip tight. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Adjust time for altitude (see [pages 32–33](#)). Remove canner lid and wait 5 minutes, then remove jars. Cool and store.

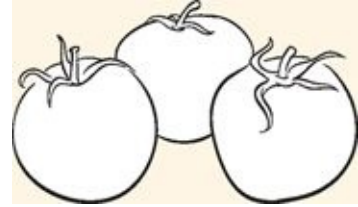
Yield: 7 half-pints

Smoke-Dried Tomato Jam



From Chef Sonya Coté, The Homegrown Revival, Austin, Texas This recipe uses Larry Butler's Smoke-Dried Tomatoes (see [page 231](#)) from Boggy Creek

Farm in Austin. The tomatoes are strong and savory, and they add flavor to any dish they accompany.



8 ounces Larry Butler's Smoke-Dried Tomatoes (see [page 231](#))

2 cups white wine

½ cup olive oil
1 onion, thinly sliced
3 teaspoons garlic chives, finely chopped
6 tablespoons sugar
1 cup red wine vinegar
1 cup water

2 cups old-fashioned cane syrup

¼ cup lemon juice

Simmer tomatoes in wine until soft. Add other ingredients and continue to cook until mixture begins to thicken. Ladle into sterile, hot jars leaving ½ inch headspace. Store in the refrigerator.

The recipe can be made shelf-stable using the water-bath method. Wipe jar rims and screw on lids and bands. Process in water-bath canner for 5 minutes, adjusting time for altitude (see [pages 32–33](#)). Remove from canner and leave undisturbed for 24 hours, making sure all jars have sealed.

Yield: 2 to 4 ounce jelly jars

**Strawberry Jam From Stephanie
McClenny, Confituras, Austin, Texas 4
pounds strawberries, rinsed, hulled, and**



chopped into 1-inch pieces 2 ½ pounds organic cane sugar

Juice and zest of 1 large lemon

Place all ingredients in a large pot over medium-high heat. Watch carefully, as strawberries tend to foam and boil over. Stir as the mixture becomes thicker. Mash berries with potato masher, if desired. When mixture starts looking “jammy” (thick, shiny, large bubbles), remove from heat. Place a dollop of jam on a cold plate to test gel. Remove any foam that has collected on the surface of the jam.

Place a small saucepan over heat and place lids inside. Bring to a gentle simmer, but turn off heat before boiling. Ladle jam into half-pint sterilized jars, leaving ½ inch headspace. Wipe jar rims; apply lids and bands. Process in water-bath canner for 10 minutes, making sure jars are covered by at least 1 inch of water when submerged. Adjust time for altitude (see [pages 32–33](#)). Remove from canner and leave undisturbed for 24 hours, making sure all jars have sealed.

Yield: 7–8 half-pints

Strawberry Freezer Jam From Michelle Bensenberg, Austin, Texas Family recipe from her grandmother Mildred Thorpe and her mother Donna Bensenberg 2 cups mashed strawberries



4 cups sugar

1 package (1 ¾ ounces) Sure-Jell fruit pectin

1 cup water

1 cup water

Stir the sugar into the strawberries. Let stand for 20 minutes, stirring occasionally. In a saucepan, mix 1 box of Sure-Jell fruit pectin with 1 cup of water. Bring to a boil, stirring constantly. Let boil for 1 minute. Stir pectin solution into the berry-and-sugar mixture and stir for 2 minutes. Pour into jars and let stand for 24 hours. Apply lids and freeze.

This recipe works well with other juicy fruits, including raspberries and black raspberries.

Yield: Approximately 2 cups

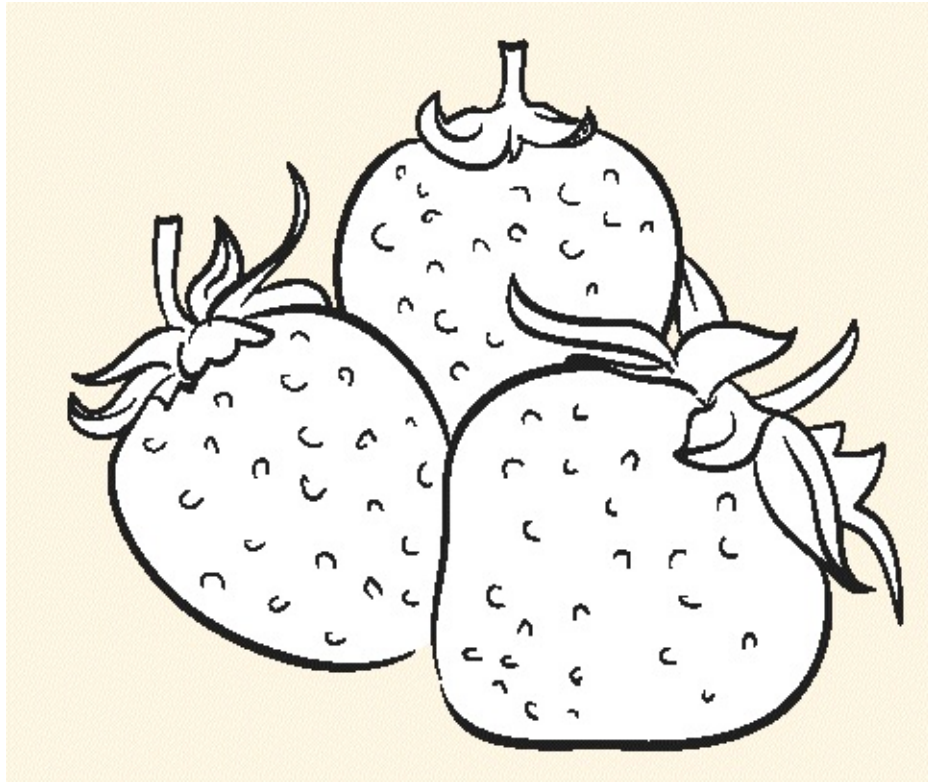
**Strawberry–Rose Petal Jam From
Stephanie McClenny, Confituras,
Austin, Texas 2 pounds fragrant, local
strawberries, rinsed, hulled, and
chopped into large pieces 1 ¼ pounds
organic cane sugar**



Juice and zest of 1 large lemon

Handful of garden rose petals, thinly sliced *

1 tablespoon rose flower water



Fill water-bath canner or other large pot with water and bring to a boil. Place jars inside and turn off heat. They will stay hot while you work.

Place all ingredients except lemon zest in a large, heavy-bottomed pot over low heat to melt the sugar. When mixture no longer feels grainy while stirring, crank up the heat to medium-high, being careful to watch the pot closely, as strawberries tend to foam and boil over quickly. Stir every now and then, more often as the mixture becomes thicker. Mash berries with potato masher, if desired. When mixture starts looking “jammy” (thick, shiny, large bubbles), remove from heat and place a dollop of jam on a cold plate to test gel. Remove any foam that has collected on the surface of the jam. Add lemon zest and rose flower water to taste.

Place a small saucepan over heat and place lids inside. Bring to a gentle simmer, but turn off heat before boiling. Ladle jam into half-pint sterilized jars, leaving $\frac{1}{2}$ inch headspace. Wipe jar rims; apply lids and bands. Process in water-bath canner for 10 minutes, making sure jars are covered by at least 1 inch of water when submerged. Adjust time for altitude (see [pages 32–33](#)). Remove from canner and leave undisturbed for 24 hours, making sure all jars have sealed.

* It is best to use edible flowers from your own garden or a trusted source to be

sure they have not been sprayed with pesticides.

Yield: 3–4 half-pints

Uncooked Berry Jam 2 cups crushed strawberries or blackberries (about 1 quart) ❄️

4 cups sugar

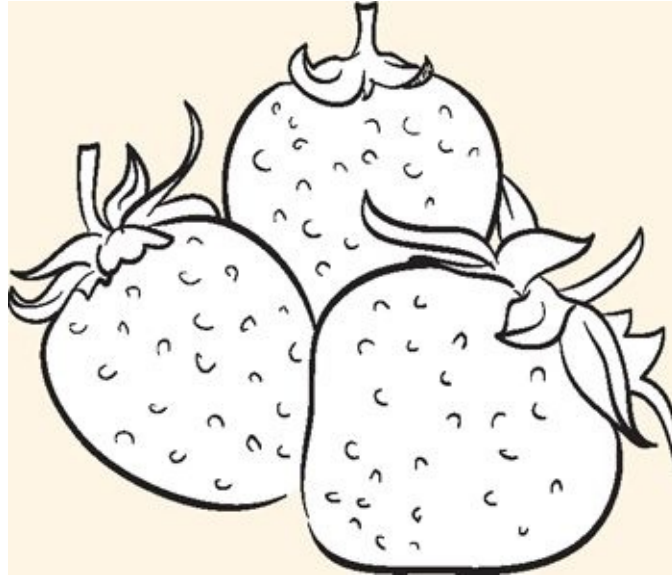
1 package (1 $\frac{3}{4}$ ounces) powdered fruit pectin

1 cup water

Sort and wash fully ripe berries. Drain. Remove caps and stems, then crush berries. Place prepared berries in a large mixing bowl. Add sugar, mix well, and let stand 20 minutes, stirring occasionally. Dissolve pectin in water and boil for 1 minute. Add pectin solution to berry-and-sugar mixture and stir for 2 minutes. Pour jam into freezer containers or canning jars, leaving $\frac{1}{2}$ inch headspace at the top. Close covers on containers and let stand at room temperature for 24 hours. Store uncooked jams in refrigerator or freezer. They can be held up to 3 weeks in the refrigerator or up to a year in a freezer. Once a container is opened, jam should be stored in a refrigerator and used within a few days. If kept at room temperature, it will mold or ferment in a short time.

Yield: About 5–6 half-pints

Adapted from “How to Make Jellies, Jams and Preserves at Home,” Home and Garden Bulletin No. 56. Extension Service, U.S. Department of Agriculture, 1982 reprint. National Center for Home Food Preservation, June 2005. Used with permission.



“Homemade bread is the best way to enjoy your jams and jellies.” – IRMA

Grandma Schmiede’s Homemade Bread
From Sarah Galloway, Tomac Pumpkin Patch, Chesaning, Michigan 4 cups warm water

2 packages dry yeast

2 heaping tablespoons of lard or shortening
½ cup sugar

1 tablespoon salt

8–10 cups of flour (to make stiff dough)

Stir yeast in a small bowl with ½ teaspoon of sugar and ½ cup warm water. Set

Put yeast in a small bowl with 1/4 teaspoon of sugar and 1/2 cup warm water. Set aside to rise. Melt lard or shortening in 2 cups of water, add remaining water, salt, sugar, and 2 cups of the flour. Mix well. Add the yeast mixture and continue adding flour to make a stiff dough. Knead for about 10 minutes. Cover and let sit for 10 minutes. Knead for a few minutes. Grease or oil a large bowl and place the dough smooth side down, then turn it over. Cover the bowl, put in a warm place, and let the dough rise until doubled in size. Shape into loaves and place in baking pans. Cover and let the dough rise until doubled in size. Bake at 350°F for about 30 minutes until brown. The loaves should sound hollow when tapped. Let cool on racks.

Yield: 4 loaves

CONSERVES, PRESERVES, AND SPREADS

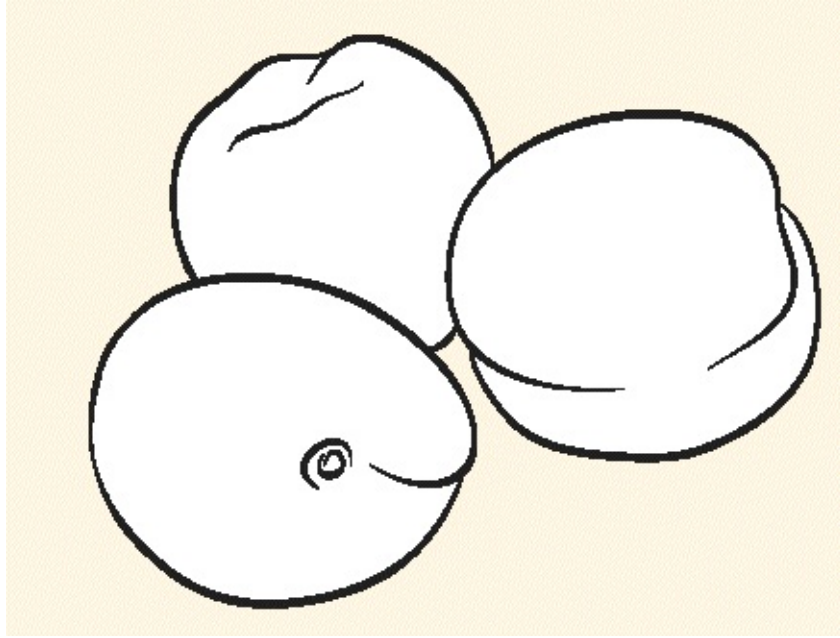
Apricot-Orange Conserve 3 ½ cups
chopped drained apricots (about 2 20-
ounce cans of unpeeled apricots or 1
pound dried apricots) 1 ½ cups orange
juice (3 or 4 medium-size oranges) Peel
of ½ orange, finely shredded



2 tablespoons lemon juice

3 ¼ cups sugar

½ cup chopped nuts



Cook dried apricots uncovered in 3 cups water until tender (about 20 minutes). Drain and chop. Combine all ingredients except nuts. Cook to 220°F or until thick, stirring constantly. Add nuts and stir well. Remove from heat and skim. Fill sterile half-pint or pint jars, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 5 half-pints

Cranberry Conserve 1 unpeeled orange, finely chopped



1 cup water

3 cups sugar

1 quart cranberries, washed

$\frac{1}{2}$ cup seedless raisins


$\frac{1}{2}$ cup chopped nuts

Combine orange and water, and cook rapidly until peel is tender (about 20 minutes). Add cranberries, sugar, and raisins. Slowly bring to boiling, stirring

occasionally until sugar dissolves. Cook rapidly, almost to the jellying point of 220°F (about 8 minutes). As mixture thickens, stir frequently to prevent sticking. Add nuts during the last 5 minutes of cooking. Pour hot conserve into hot, sterile jars, leaving ¼ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 4 half-pints

Adapted from “So Easy to Preserve, 5th Ed.,” Bulletin 989. Cooperative Extension Service, The University of Georgia, Athens, GA, 2006. Revised by Elizabeth L. Andress, PhD, and Judy A. Harrison, PhD, Extension Foods Specialists. Used with permission.

Damson Plum–Orange Conserve 3 ½ 
cups finely chopped damson plums
(about 1 ½ pounds) 1 cup oranges,
finely chopped (1 or 2 oranges) Peel of
½ orange

2 cups water

½ cup seedless raisins

1 package (1 ¾ ounces) powdered fruit pectin

7 cups sugar

½ cup chopped nuts



Sort and wash plums; remove pits. Chop plums finely. Peel and chop oranges. Shred peel of $\frac{1}{2}$ orange very finely. Combine orange and peel, add the water, cover, and simmer for 20 minutes.

Measure chopped plums into a kettle. Add oranges, raisins, and pectin, and stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to full bubbling boil. Boil hard for 1 minute, stirring constantly. Stir in nuts. Remove from heat and skim. Fill hot conserve immediately into hot, sterile jars, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8–9 half-pints

Adapted from “How to Make Jellies, Jams and Preserves at Home,” Home and Garden Bulletin No. 56. Extension Service, U.S. Department of Agriculture, 1982 reprint. National Center for Home Food Preservation, June 2005. Used with permission

with permission.

Apple Butter 8 pounds Jonathan, Winesap, Stayman, Golden Delicious, McIntosh, or other tasty apples 2 cups cider



2 cups vinegar

2 ¼ cups white sugar

2 ¼ cups packed brown sugar

2 tablespoons ground cinnamon

1 tablespoon ground cloves

Wash apples, then remove stems, quarter, and core. Cook slowly in cider and vinegar until soft. Press fruit through a colander, food mill, or strainer. Cook fruit pulp with sugar and spices, stirring frequently. To test for doneness, remove a spoonful and hold it away from steam for 2 minutes. The butter remains mounded on the spoon when it is done. Another way to determine when the butter is cooked adequately is to spoon a small quantity onto a plate. When a rim of liquid does not separate around the edge of the butter, it is ready for canning.

Fill hot into sterile half-pint or pint jars, leaving ¼ inch headspace. Quart jars need not be presterilized but should be clean and kept hot until filling. Remove air bubbles and adjust headspace if needed. Wipe jar rims with a dampened clean paper towel. Adjust lids and process with the water-bath canner 5 minutes for half-pints and pints. Process quarts for 10 minutes. Adjust time for altitude (see [pages 32–33](#)).

Yield: About 8–9 pints

Adapted from “How to Make Jellies, Jams and Preserves at Home,” Home and Garden Bulletin, No. 56. Extension Service, U.S. Department of Agriculture, 1992 reprint. National Center for Home Food Preservation, June 2005. Used

1982 reprint. National Center for Home Food Preservation, June 2005. Used with permission.

Pumpkin Butter From Sarah Galloway, Tomac Pumpkin Patch, Chesaning, Michigan



3 pounds Macintosh apples

- 2 ½ cups apple cider
- 1 ½ cups sugar
- 1 cinnamon stick about 5 inches long
- 1 ¾ cups pumpkin purée

Peel and core the apples and combine with the sugar, cinnamon, and ½ cup apple cider in a large, heavy stainless-steel saucepan. Cover and set over medium heat. Bring to a boil and reduce heat to low and continue cooking, stirring occasionally until the apples fall apart (20–40 minutes). Add the remaining cider and continue to cook, stirring occasionally, until the apples are the consistency of thick applesauce (about 45–60 minutes). Remove the cinnamon, and stir in the pumpkin purée.

Pour the apple-pumpkin mixture into a large slow cooker set on low. Cook 7 hours or until the mixture is thick enough to spread, stirring once or twice. Ladle hot preserves into hot jars, leaving about ¼ inch headspace. Remove air bubbles and adjust headspace if necessary by adding hot preserves. Wipe rim. Center lids on jars and screw bands down until resistance is met, then increase to fingertip tight. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 5 minutes. Adjust time for altitude (see [pages 32–33](#)). Remove canner lid, wait 5 minutes, then remove jars. Cool and store.

Alternatively, ladle into freezer jars, cool, and freeze. The butter will keep up to 1 month in the refrigerator unprocessed.

Yield: 6 half-pints

Texas Apple Butter From Stephanie McClenny, Confituras, Austin, Texas 5–6 pounds fresh, local apples, cored and chopped into large pieces *



2 ½ pounds organic brown sugar (give or take, depending on volume)

1 tablespoon ground cardamom

½ teaspoon cinnamon, nutmeg, mace, and/or allspice Pinch of salt

Place the apple pieces in a large pot with a small amount of water to prevent them from sticking. Cook about 20–30 minutes or until they are very soft. Drain any remaining water and push the apples through the fine screen of a food mill.

Measure the volume of the apple purée and add half the amount of brown sugar, the spices, and the salt. Cook over low heat, stirring frequently to prevent splattering and spitting (or in an oven heated to 250°F) until it is thick, about 1–1 ½ hours. Remove from heat and place a dollop of apple butter on a cold plate to test thickness. If you notice a watery ring around the mixture, continue cooking over low and test again in 15 minutes. Taste for sweetness. Add more sugar or spices to taste.

Ladle into jars with ½ inch headroom, remove any air pockets or bubbles using the bubbler tool or a chopstick, and adjust headspace if needed. Wipe jar rims. Adjust lids and process in water-bath canner 10 minutes for half-pints and pints. Process quarts for 10 minutes. Adjust time for altitude (see [pages 32–33](#)). Remove from canner and leave undisturbed for 24 hours, making sure all jars have sealed.

* Be sure to have a nice mix of apples, including some that are green or tart.

Yield: 7–8 half-pints

Ginger Pear Preserves From Sarah Galloway, Tomac Pumpkin Patch, Chesaning, Michigan 5 ½ cups peeled, cored, and finely chopped pears Grated zest and juice of 3 limes



2 1/3 cups granulated sugar

1 tablespoon grated gingerroot

In large stainless-steel saucepan, combine pears, lime zest and juice, sugar, and gingerroot. Bring to a boil over medium heat, stirring to dissolve sugar. Boil, stirring frequently, until mixture thickens, about 15 minutes. Remove from heat and test gel. If gel stage has been reached, skim off foam. Ladle hot preserves into hot jars, leaving about ¼ inch headspace. Remove air bubbles and adjust headspace if necessary by adding hot preserves. Wipe rim. Center lids on jars and screw bands down until resistance is met, then increase to fingertip tight. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Adjust time for altitude (see [pages 32–33](#)). Remove canner lid, wait 5 minutes, then remove jars. Cool and store.

Yield: 7 half-pints

Peach-Pineapple Spread 4 cups drained peach pulp (procedure as below)



2 cups drained unsweetened crushed pineapple

¼ cup bottled lemon juice

2 cups sugar (optional)

Thoroughly wash 4–6 pounds of firm, ripe peaches. Drain well; peel and remove pits. Grind fruit flesh with a medium or coarse blade, or crush with a fork (do not use a blender). Place ground or crushed fruit in a 2-quart saucepan. Heat slowly to release juice, stirring constantly, until fruit is tender. Place cooked fruit in a jelly bag or strainer lined with four layers of cheesecloth. Allow juice to drip about 15 minutes. Save the juice for jelly or other uses. Measure 4 cups of drained fruit pulp for making spread. Combine the 4 cups of pulp, pineapple, and bottled lemon juice in a 4-quart saucepan. Add up to 2 cups of sugar, if desired, and mix well. Heat and boil gently 10–15 minutes, stirring enough to prevent sticking. Fill hot jars quickly, leaving $\frac{1}{4}$ inch headspace. Wipe jar rims. Adjust lids and process in water-bath canner for 5 minutes. Adjust time for altitude (see [pages 32–33](#)).



This recipe may be made with any combination of peaches, nectarines, apricots, and/or plums.

Yield: 5–6 half-pints



CHAPTER 15

Freezing and Refrigerating



“Freezing is quick and convenient. It’s so easy to package frozen food the right way. It’s modern food magic.” –
IRMA

Freezing Fruits and Vegetables

HEIRLOOMS OR ANY TOMATOES

TURNIPS

PARSLEY AND OTHER LEAFY HERBS

PESTO

SPINACH BASIL PESTO

ARUGULA AND NUT PESTO

CILANTRO AND NUT PESTO

FREEZER TOMATO SALSA

FREEZER PEACH SALSA

TROPICAL FRUIT FREEZER SALSA

Frozen and Refrigerated Sweets



“6-IN-1” REFRIGERATOR COOKIES

FREEZER LEMON CURD

FANCY ICE CUBES

ICE CREAM PIE

INDIVIDUAL PINEAPPLE UPSIDE-DOWN CAKES

PREPARING FRUITS AND VEGETABLES FOR FREEZING

- Fruits and vegetables are quick and easy to freeze.
- Select fruits and vegetables that are at the peak of their flavor and free of blemishes.
- Freezing preserves color, quality, and nutrients.
- Blanching scalds fruits and vegetables while retarding the enzymes and chemical agents of the spoiling process. See information on blanching on [pages 57–61](#).
- Pack fruits and vegetables immediately after preparing.
- Use moisture-proof bags, wraps, or rigid containers.

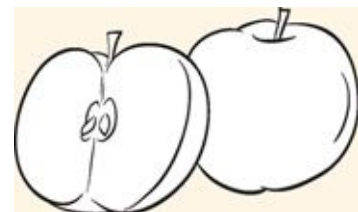
TIPS ON FREEZING FRUITS

Fruits may be packed for freezing in sugar syrup or dry sugar, or they may be dry-packed with no sugar at all.

- Sugar Syrup: Place prepared fruit in liquid-tight container. Add chilled syrup to cover fruit. See syrup recipes on [pages 70–71](#).
- Dry Sugar Pack: Fold fruit over and over until sugar is dissolved and completely coats the fruit. See the list of specific fruits for dry sugar pack.
- Plain Dry Pack: Berries, rhubarb, and blanched apples
- Discoloration can be controlled with ascorbic acid and moisture/vapor-proof containers and wraps.

“Frozen baked apples provide a fine, quick dessert.” – IRMA

APPLES: Choose fully mature, ripe apples that resist browning when cut. Wash, peel, core, and remove bruised spots. Slice about ½ inch thick. To prevent discoloration, place sliced apples in a solution of 1 tablespoon of salt to 1 quart of water. Drain. Blanch in boiling water for 1 ½ minutes. Cool immediately in



iced water and drain. Pack in moisture/vapor-proof containers or bags. Label with date.

APPLE SAUCE: Prepare in the usual manner, strain if necessary, cook and package.

BAKED APPLES: Prepare your favorite recipe, filling centers with seasoning, raisins, and nuts as desired. Bake. Cool quickly by floating pan in iced water. Pack in moisture-proof containers or bags. Label with date.

APRICOTS: Choose firm, ripe apricots with tender yellow-orange skin. Handle carefully. Wash, sort to size, and remove overripe or damaged fruit. Halve and remove pits. Peel if desired. Blanch 15–30 seconds in boiling water. Cool quickly in ice water. Pack halved apricots in cold 40-percent sugar syrup containing ascorbic acid. For a delicious ice cream topping, peel, slice, and coarsely crush apricots. For a variation, mix one part sugar to three parts fruit. Pack in moisture/vapor-proof containers or bags, and label with date.

BERRIES

BLACKBERRIES, LOGANBERRIES,

RASPBERRIES, AND BOYSENBERRIES: Choose fresh, firm, and fully ripened berries with sweet, rich flavor. Discard seedy, bruised, underripe, or poorly colored berries. Freeze berries as soon as possible after picking. Sort, stem, and wash carefully in ice water. Scoop berries gently into a colander and drain. Pack with or without sugar. Pack in moisture/vapor-proof containers or bags, and label with date.

BLUEBERRIES AND HUCKLEBERRIES: Choose fresh, large, tender-skinned blueberries, fully ripened and of good flavor. Blueberries are easily handled because they ripen slowly. Sort carefully. Stem, wash, and drain. Pack without sugar or for pie filling at 40 percent syrup or one part sugar to four parts berries by weight. Pack in moisture/vapor-proof containers or bags, and label with date.

STRAWBERRIES: Choose fully ripe, firm strawberries that are bright red in color throughout and have a good flavor. Handle immediately. Cap and sort berries, and wash a few at a time in iced water. Lift berries out of water and

drain. Leave berries whole or slice $\frac{1}{4}$ inch thick. Pack strawberries without sugar or using one part sugar to four parts berries by weight. Sliced strawberries retain their flavor better than whole fruit. For a variation, pack whole strawberries in chilled 40-percent syrup to cover. If a few berries are crushed to form enough juice to cover the fruit, the whole strawberries may be packed with dry sugar using one part sugar to four parts berries by weight. Pack in moisture/vapor-proof containers or bags, and label with date. Strawberries are best when served just before completely thawed.

CHERRIES: Choose fresh, large, firm, bright red cherries of uniform ripeness and color. Select cherries with rich flavor and tender skins. Cherries should be a little riper than for fresh use. Handle carefully. Use very soft, fully ripe cherries only for crushed or pulped product. Stem and sort, wash thoroughly, and drain. Cherries may be frozen whole or pitted, as desired. Pits tend to give a pronounced almond-like flavor. Freeze without sugar. Pack in moisture/vapor-proof containers or bags, and label with date. For a variation, cover whole cherries with cold 40-percent syrup to which ascorbic acid has been added. Or add one part sugar by weight to four parts pitted fruit with ascorbic acid. For a sundae topping or flavor base for ice cream, pack crushed fruit with ascorbic acid, adding one part sugar to three parts fruit by weight.

For sour cherries, follow procedure for cherries by packing with ascorbic acid and one part dry sugar to three parts fruit, by weight. Unsweetened, pitted sour cherries have a tendency to discolor rapidly during freezing and defrosting.

CRANBERRIES: Choose deep-red berries with tender, glossy skin; sharp acid flavor; and firm texture. Cranberries are easily handled. Stem and sort cranberries, discarding imperfect and soft berries. Wash carefully and drain. Packing whole without sugar gives a very satisfactory product. Cool jellied whole cranberry sauce and package. Pack in moisture/vapor-proof containers or bags, and label with date.

CRANBERRY ORANGE RELISH: A delicious variation if served when just thawed. Use 1 quart raw cranberries and 3 small oranges. Wash oranges, cut in half, and remove seeds. Put through meat grinder or food processor. Add 1 cup sugar and 1 cup corn syrup.

FIGS: Choose ripe figs with rich flavor and aroma, and tender flesh and skin.

Select figs that are soft but not shriveled. Figs are highly perishable and should be frozen within a day of picking. Wash carefully and sort, discarding sour, imperfect figs. Cut off stems and peel if desired. Halve, slice, or leave whole. Package allowing 4–5 figs per serving. Pack without sugar or in a one part of sugar to four parts fruit by weight or in cold 40-percent syrup. Pack in moisture/ vapor-proof containers or bags and label with date.

GOOSEBERRIES: Choose fresh, fully matured gooseberries. Remove stems and blossom ends. Discard defective fruit. Wash thoroughly. Drain. Pack whole without sugar and label with date. Use for pies, preserves, and jelly.



NECTARINES: Choose firm, full-colored, mature, ripe fruit. Sort, wash, and drain. Halve or slice and pit as you would apricots. For crushing, fruit can be peeled, but it is not necessary. Cover halves or slices immediately with cold 40-percent syrup containing ascorbic acid, or pack with ascorbic acid and one part dry sugar to three parts fruit, by weight. Pack in moisture/vapor-proof containers or bags, and label with date.



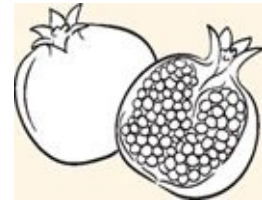
PEACHES: Choose firm, ripe, mature peaches with low darkening tendency, fine grain, and rich color. Select freestone peaches for easy peeling. Peaches with red centers are desirable. Wash and sort by size. Prepare only enough for one container at a time. Scald whole peaches in boiling water 15–30 seconds, according to ripeness; then cool quickly in iced water. Remove skin and cut in half to remove stone. Slice directly into cold 40-percent sugar syrup containing ascorbic acid, or dry pack with ascorbic acid and one part sugar to four parts fruit by weight. It is important to keep peaches covered in syrup or sugar to prevent browning. Pack in moisture/vapor-proof containers or bags, and label with date. Use halves and slices for pies, cobblers, and fresh desserts.

PLUMS AND PRUNES: Choose soft, uniformly ripe fruit with firm skin. Discard bruised, immature, or overripe fruit. Wash, halve, or quarter, and remove stones. Pack in chilled 40-percent syrup with ascorbic acid or dry sugar and ascorbic acid, using one part sugar to four parts fruit by weight.

Mix plum purée evenly with sugar, using one part sugar to three parts plum purée by weight with ascorbic acid. Pack in moisture/vapor-proof containers or bags, and label with date.

“Pomegranate seeds add color to an assortment of fruits.” – IRMA

POMEGRANATE: Choose fully ripe fruit in which the flesh-covered seeds inside have not turned brown. Peel pomegranates. Remove drupelets and pack them in chilled 40-percent syrup.



“Making pie with frozen dry pack rhubarb is so easy.” – IRMA

RHUBARB: Choose fresh, tender stalks that are deep red in color, free of fibers, and sprightly acidic in taste. Wash thoroughly, trim, and cut into 1-inch pieces. Rhubarb may be packed without blanching in containers without sugar or syrup; or pack in sugar, using one part sugar to four parts rhubarb by weight. May also be frozen as a prepared, cooked sauce. Cool, pack in moisture/vapor-proof containers or bags, and label with date.

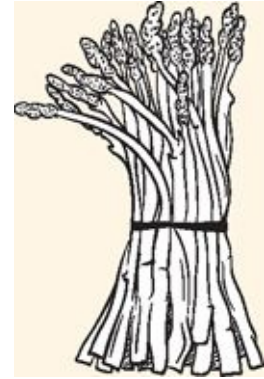
IRMA’S TIPS ON FREEZING VEGETABLES

“You’ll come to rely on your freezer more and more.” – IRMA

- Prepare vegetables for freezing as you would for the table.
- Blanching retards the action of enzymes, the chemical agents that bring about undesirable changes in quality and flavor during storage.
- Blanching makes vegetables easier to pack (see [pages 57–61](#)).

ARTICHOKES: Choose fresh globes from which a leaf will pull easily. Pull off outer bracts until reaching inner light-yellow or white bracts free from all green. Cut off tops of buds and trim to a cone, leaving only the hearts. Submerge in cold water and wash. Blanch for 7 minutes in 4 quarts of boiling water per pound of artichokes. Cool and drain. Pack in moisture/vapor-proof containers or bags, and label with date.

ASPARAGUS: Cut young, tender, rapid-growing spears, 3/8 to 1 inch thick at the butt end, which are free from woody fiber. Wash thoroughly and sort according to size. Cut stalks 4 1/2–5 inches long for quart-size containers, or in 1-inch pieces. Freeze less tender pieces for soups and purées. Blanch 2 minutes in boiling water. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.



“Slice green beans lengthwise, French-style for variety.” – IRMA

BEANS (GREEN AND WAX): Choose tender, crisp, stringless, medium-size beans that have bright-green or yellow pods. Discard small, immature, thin pods and all bruised and discolored beans. Sort and wash thoroughly in cold water. Snip ends off and rewash. Break into 1-inch pieces. Leave beans that are 2–3 inches long whole. Blanch 2 minutes in 4 quarts of boiling water per pound of beans. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

BEANS (LIMA): Choose tender, young lima beans with green, easily opened seedpods. Shell, wash, and sort into sizes, discarding split and white beans. Blanch young beans 1 1/2–2 1/2 minutes and mature white beans 2 1/2–3 minutes, according to size, in 4 quarts of boiling water per pound of beans. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

BEETS: Choose uniformly deep red or golden, tender, young beets of medium

size, about 2 inches in diameter. Sort out small beets. Discard over-mature beets and those that are split. Wash thoroughly. Peel and slice $\frac{1}{4}$ inch thick or dice into $\frac{1}{4}$ -inch-thick cubes. Blanch 2 $\frac{1}{2}$ minutes in 4 quarts of boiling water per pound of beets. Cool and drain. See blanching basics on [pages 57–61](#). Cook small beets 25–30 minutes until tender. Cool and slip skins. Pack whole in moisture/vapor-proof containers or bags, and label with date.

“Package broccoli with heads in opposite directions to save space.” – IRMA



BROCCOLI: Choose tender, compact, firm heads of uniform dark-green color with young, tender stalks about 1 inch thick. Wash and sort according to size. Trim off outer leaves (they can be used in soups or stir fry) and imperfect stalks. Trim away woody parts of the stalk. Split the stalks and heads lengthwise so that heads are about 1 inch in diameter. For a variation, break into individual florets. Blanch stalk and heads or florets in boiling water until bright green. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

BRUSSELS SPROUTS: Choose firm, compact, bright-green, small or medium-size sprouts. Clean carefully, discarding those that are wilted or discolored. Wash thoroughly. Sort sprouts by size and head compactness. Blanch 3–5 minutes according to size in 4 quarts of boiling water per pound of sprouts. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date. Freeze immediately.

CABBAGE: Choose solid, compact heads with succulent, crisp leaves without fibrous midribs. Discard outside leaves, cut into wedges, and separate the leaves or shred. Blanch wedges 3–4 minutes in 4 quarts of boiling water per pound of cabbage. Blanch whole leaves or shredded cabbage 1 $\frac{1}{2}$ minutes. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

SAUERKRAUT: Pack thoroughly cured sauerkraut in moisture/vapor-proof

containers or bags and label with date.

CARROTS: Choose bright-orange, young, tender, coreless, medium-length carrots. Discard those that are cracked or damaged. Wash thoroughly. Peel if desired. Dice or slice carrots $\frac{1}{4}$ thick; leave small ones whole. Blanch 2–3 $\frac{1}{2}$ minutes in 4 quarts of boiling water per pound of carrots. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

CAULIFLOWER: Use compact, relatively smooth heads, with firm, tender curd. Trim leaves and break into florets. Blanch immediately 3 minutes in 4 quarts of boiling water per pound of cauliflower or let stand in salted water (4 teaspoons to 1 quart of water) until ready to blanch. Cool and drain. See blanching basics on [pages 57–61](#).



CELERY: Choose crisp stalks. Trim and wash as for table use. Cut into 1-inch pieces. Cook until tender. Cool and drain. Pack in moisture/vapor-proof containers or bags, and label with date.

“For corn on the cob, blanch and wrap each ear separately in foil.” – IRMA

CORN: Choose only tender yellow or white sweet corn of uniform maturity with deep, full, rounded, regular kernels, tender and milky . . . just right for table use. Milk should spurt from kernels ruptured with a thumbnail. Discard immature corn that lacks flavor and over-mature corn that is tough and starchy. Husk the cobs and carefully remove silk with brush without injuring kernels. Blanch no more than 6 ears at one time in 4 quarts of boiling water. The thickness in diameter of the ears will determine the blanching time (1 $\frac{1}{2}$ -inch base = 7 minutes; 2-inch base = 9 minutes; large ears = 11 minutes). Chill in ice water or cold running water twice as long as the blanching time. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

WHOLE-KERNEL: Prepare as above. Work quickly. Drain thoroughly. Corn

that is allowed to stand in water absorbs water and loses flavor rapidly. Cut corn off cob, being careful not to cut the cob. Pack in moisture/vapor-proof containers or bags, and label with date.

CREAM-STYLE: Prepare as above. Cut corn off the cob at about the center of the kernel. Scrape out juice and the heart of the kernel with the back of a knife. Packaged cut corn requires about half less storage space than the same quantity of corn on the cob. Pack in moisture/vapor-proof containers or bags, and label with date.

EGGPLANT: Choose firm, ripe eggplant with smooth skin. Over-mature or large eggplant is unsatisfactory. Wash, peel, and slice 1/3 inch thick. Work quickly and prepare just enough for one blanching at a time. Blanch 4 minutes in 4 quarts of boiling water per pound of eggplant and cool in iced or cold running water. Drain thoroughly. See blanching basics on [pages 57–61](#). Place two pieces of wax or freezer paper between slices. Pack in moisture/vapor-proof containers or bags, and label with date.

GREENS (BEET, KALE, COL LARD, AND

OTHERS): Harvest beet, kale, collard, and other large leafy greens when tender and young. Wash thoroughly and remove all imperfect leaves.

Blanch 2 minutes in 4 quarts of boiling water per half pound of greens, twirling the container to

prevent matting. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/ vapor-proof containers or bags, and label with date.



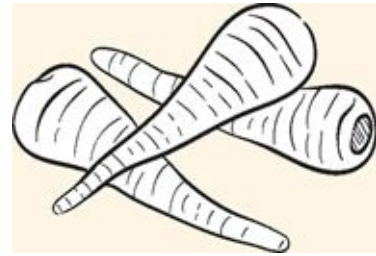
KOHLRABI: Choose young, tender, small kohlrabi. Cut off tops and roots and wash thoroughly. Peel and dice in ½-inch cubes. Blanch 1 minute in 4 quarts boiling water per pound of kohlrabi. Cool and drain. See blanching basics on [pages 57–61](#). Pack in moisture/vapor-proof containers or bags, and label with date.

MUSHROOMS: Choose fresh, tender, perfect, cultivated white, cremini, shiitake or other cultivated mushrooms with pleasing flavor. Do not attempt to freeze wild mushrooms if you are not familiar with them and are unable to identify them. Only an expert can differentiate between poisonous and edible varieties. The toxins of poisonous varieties are not destroyed by drying or cooking. Wash carefully. Do not leave standing in water, as the mushrooms

will absorb the liquid. Sort by size. Slice the large mushrooms; leave button-size whole. Slice firm stems and freeze for soups. Sauté a small amount at a time, 4–5 minutes in melted butter. Cool and pack in moisture/vapor-proof containers or bags, and label with date. Freeze immediately.

OKRA: Choose young, tender green pods. Wash thoroughly and rinse. Carefully cut off stem end without cutting into seed end, which allows juice to leak out. Blanch 2–3 minutes in 4 quarts of boiling water to 1 pound of okra. Cool and pack alternating stems and blossom ends to conserve space in moisture/vapor-proof containers or bags and label with date. Freeze immediately.

PARSNIPS: Choose young, tender, firm parsnips with a small center core free of cracks and defects. Wash thoroughly. Cut off tops and peel. Slice parsnips lengthwise in ¼-inch strips or crosswise. Small parsnips may be cut in half. If core seems woody, remove by cutting carefully around it with the point of a sharp vegetable knife. Blanch 2–3 minutes in 4 quarts of boiling water per pound of parsnips. See blanching basics on [pages 57–61](#). Cool and drain. Pack in moisture/vapor-proof containers or bags, and label with date.



PEAS (BLACKEYED): Prepare as for green peas. Blanch 2 minutes in 4 quarts of boiling water per pound of blackeyed peas. See blanching basics on [pages 57–61](#). Cool and pack in moisture/vapor-proof containers or bags, and label with date.

PEAS (GREEN): Choose fresh, young, tender, firm green pods of uniform maturity. Discard immature, wrinkled, or bleached pods. If you grow your own, pick peas early in the morning for garden-fresh sweetness. Wash pods thoroughly. Shell and sort by hand immature and large, hard, starchy peas. Blanch 1 minute in 4 quarts of water per pound of peas. See blanching basics on [pages 57–61](#). Cool and pack in moisture/vapor-proof containers or bags, and label with date.

PEAS (SNOW): Choose young, tender green pods. Discard wrinkled or yellowed pods. Wash the snow peas, removing the blossom ends and stems. Blanch the whole pods for 1 ½ minutes in 4 quarts of water per pound of

peas. See blanching basics on [pages 57–61](#). Cool in ice water and pack in moisture/ vapor-proof containers or bags, and label with date.

PEPPERS: Choose firm, tender red or green peppers with glossy skin and thick flesh. Wash. Remove seeds and stems. Cut in halves, slice or dice according to use. Blanching peppers is not necessary. Pack in small bags in amounts to be used at one time. Place several bags in one container.

POTATOES:

FRENCH FRIES: Cut potatoes in thin strips for best results. Fry as usual and drain off excess oil. Cool, then package in moisture/vapor-proof containers. Freeze. Store 1–2 months.

MASHED POTATOES: Cool leftover or freshly prepared mashed potatoes and package in moisture/vapor-proof containers. Freeze. Store up to 3 months.

SWEET POTATOES OR YAMS: Steam or bake yams until tender. Peel and mash until smooth. Salt to taste. Cool quickly, then package in moisture/ vapor-proof containers. Freeze. Store 4–6 months.

“Prepare pumpkin pie mix following your favorite recipe and freeze whether in pie shells or carton.” – IRMA

PUMPKIN: Choose fully mature pumpkins. Wash thoroughly. Cut into pieces and remove seeds and stringy tissue. Peel and cook by baking or steaming for 30–40 minutes or until tender. Process in a food mill or food processor. Cool quickly by floating pan in iced water. Package and freeze.

RUTABAGAS: Choose young and tender rutabagas that are not bitter. Cut off tops, wash, peel, and dice in ½-inch cubes. Blanch 2–3 minutes in 4 quarts of boiling water per pound of rutabagas. See blanching basics on [pages 57–](#)

[61](#). Cool and pack in moisture/vapor-proof containers or bags, and label with



date.

SPINACH: Choose fresh, young, tender, succulent leaves without tough midribs. Wash leaves thoroughly in cold running water. Discard discolored leaves and those with large stems. Blanch 2 minutes in 4 quarts of boiling water per half-pound of spinach. See blanching basics on [pages 57–61](#). Twirl the container while the leaves are in the boiling water to prevent matting. Cool and drain thoroughly; squeeze lightly to remove excess water. Package, label with date, and freeze immediately.

SQUASH (SUMMER): Choose young, tender squash with small seeds. Test for tender skin by pressing lightly with fingertip. Wash thoroughly with soft vegetable brush. Cut into ½-inch slices or cubes and cook as for table use in a minimum quantity of water, omitting seasonings. Cool quickly. Package, label with date, and freeze immediately.

SQUASH (WINTER): Choose ripe, hard-shelled varieties with firm flesh. Break into pieces and remove seeds. Steam or bake until tender. Scrape from shell, mash, and cool quickly by floating pan in iced water. Package without seasonings. Cool quickly. Package, label with date, and freeze immediately.

Heirlooms or Any Tomatoes

From Carol Ann Sayle, Boggy Creek Farm, Austin, Texas

Start with fully ripe heirloom or other tomatoes. Wash each tomato and let it drain dry. Cut off the stems, “shoulder” areas, and any blemishes, such as splits and the “scab” at the bottom of many heirlooms. Place the tomato in a freezer bag (such as Ziploc), press the air out, seal the bag, and place it in the freezer. Another method is to vacuum pack the tomatoes. Label each package with variety and the date. Frozen tomatoes will keep for at least one year.

To use the tomatoes, let them thaw. As they thaw, the skins can be removed with your fingers. After the skin is removed, what remains is pure tomato plus its water. The water is valuable in a soup or stew. When making a sauce, it may be better to drain off the water, so that the sauce can cook more quickly. The water can be refrozen to add to broths.

Turnips

Choose small, young, and tender turnips. Cut off tops and wash. Peel and dice in ½-inch cubes. Blanch 2 minutes in 4 quarts boiling water per pound of turnips. See blanching basics on [pages 57–61](#). Cool and drain. Package and label with date.

Parsley and Other Leafy Herbs



“Freeze parsley in small bags holding just the amount for use at one time.” –

IRMA

Choose fresh, deep-green parsley or other leafy herb. Wash thoroughly. Strip leaves off stems or cut stems short and package sprigs in small quantities. Spread in a single layer on a cookie sheet and freeze. Pack in moisture/vapor-proof containers or bags.

Chopped parsley or other leafy herb can be frozen in an ice-cube tray. Once solid, pop out the “herb” cubes and store in a freezer bag until you are ready to use.

Frozen herbs can be used in the same proportion as fresh herbs. To use, chop while still frozen. Herbs become limp upon thawing and are not suitable for garnish.

Pesto



2 cups fresh basil leaves, packed

½ cup freshly grated Parmigiano-Reggiano or Romano cheese, or a combination of the two

½ cup extra virgin olive oil

1 1/3 cups pine nuts (toast for a nuttier flavor)

3 medium-sized garlic cloves, minced

3 medium-sized garlic cloves, minced

Sea salt and freshly ground black pepper to taste

Combine the basil with the pine nuts, and pulse a few times in a blender or food processor. Add the garlic, and pulse a few times more.

Add the olive oil in a constant stream while the blender or food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Pesto can be frozen in an ice-cube tray. Once solid, pop out the cubes and store in a freezer bag until you are ready to use them. Another option is to freeze in small-portion containers, topping off with a layer of olive oil to seal out air and prevent discoloration. Pesto can be made without nuts.

Serve with pasta or over baked potatoes, or spread over toasted baguette slices. Drop a cube into tomato soup for a burst of basil flavor.

Yield: 1 cup

Spinach Basil Pesto



“Try this tasty variation on traditional basil pesto.” – IRMA

1 cup fresh basil leaves, packed

1 cup fresh spinach leaves, packed

½ cup freshly grated Parmigiano-Reggiano or Romano cheese, or a combination of the two

½ cup extra virgin olive oil

1 1/3 cups pine nuts (toast for a nuttier flavor)

3 medium-sized garlic cloves, minced

Salt and black pepper

Combine the basil and spinach with the pine nuts, and pulse a few times in a blender or food processor. Add the garlic, and pulse a few times more. Add the

olive oil in a stream while the blender or food processor is on. Scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and black pepper to taste.

Pesto can be frozen in an ice-cube tray. Once solid, pop out the cubes and store in a freezer bag until you are ready to use them. Pesto can be made without nuts.

Serve with pasta or over baked potatoes, or spread over toasted baguette slices. Drop a cube into tomato soup for a burst of basil flavor.

Yield: 1 cup

Arugula and Nut Pesto



2 cups fresh arugula leaves, packed

½ cup freshly grated Parmigiano-Reggiano or Romano cheese, or a combination of the two

½ cup extra virgin olive oil

1 1/3 cups walnuts or pine nuts (toast for a nuttier flavor)

3 medium-sized garlic cloves, minced

Sea salt and freshly ground black pepper to taste

Combine the arugula with the nuts, and pulse a few times in a blender or food processor. Add the garlic, and pulse a few times more. Add the olive oil in a stream while the blender or food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and black pepper to taste.

Pesto can be frozen in an ice-cube tray. Once solid, pop out the cubes and store in a freezer bag until you are ready to use them. Another option is to freeze in small-portion containers, topping off with a layer of olive oil to seal out air and prevent discoloration. Pesto can be made without nuts.

Serve with pasta or over baked potatoes, or spread over toasted baguette slices.

Yield: 1 cup

Cilantro and Nut Pesto



2 cups fresh cilantro leaves, packed
½ cup freshly grated Parmigiano-Reggiano or Romano cheese, or a combination of the two
½ cup extra virgin olive oil
1 1/3 cups pecans or pine nuts (toast for a nuttier flavor)
3 medium-sized garlic cloves, minced
Sea salt and freshly ground black pepper to taste

Combine the cilantro with the nuts, and pulse a few times in a blender or food processor. Add the garlic, and pulse a few times more. Add the olive oil in a stream while the blender or food processor is on. Scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Pesto can be frozen in an ice-cube tray. Once solid, pop out the cubes and store in a freezer bag until you are ready to use them. Another option is to freeze in small portion containers, topping off with a layer of olive oil to seal out air and prevent discoloration. Pesto can be made without nuts.

Serve with pasta or over baked potatoes, or spread over toasted baguette slices. Drop a cube into chili for a burst of cilantro flavor.

Yield: 1 cup

Freezer Tomato Salsa



3 ½ pounds of tomatoes
1/3 cup fresh cilantro
½ large onion, chopped
2 fresh garlic cloves, chopped
1–2 fresh jalapeños, finely dice for medium salsa
½ habañoero for spicy salsa (poblano, New Mexico, or other diced chile may be substituted)
1 tablespoon vinegar, plain or red wine
Juice from one freshly squeezed lime

Sea salt to taste

Peel and chop tomatoes. Combine all ingredients. Ladle salsa into portion-sized, rigid freezer containers. Wide-mouth pint or half-pint canning jars can be used, but leave room for expansion as ingredients freeze. Defrost the uncooked salsa in a colander, returning just enough liquid for a good consistency.

Yield: 3 cups

Freezer Peach Salsa



1 ½ cups diced peaches, nectarines, or apricots

3 cups diced cantaloupe

¼ cup diced red onion

2 garlic cloves, finely chopped

2 chipotle peppers in adobo sauce, drained and chopped

3 tablespoons honey

1 tablespoon lime juice, freshly squeezed

2 tablespoons chopped candied ginger

1 teaspoon ground cinnamon (optional)

2 tablespoons freezer jam pectin

Combine the peaches, cantaloupe, red onion, garlic, chipotle peppers, honey, lime juice, candied ginger, and cinnamon (if using). Add the pectin and stir for 3 minutes.

Ladle the jam into freezer containers (bags or jars), leaving a ½ inch headspace. Apply the lids tightly. Let the salsa stand at room temperature for 15–20 minutes. Freeze for up to 9 months. Refrigerate up to 2 weeks after opening.

Use portion-sized, rigid freezer containers. Wide-mouth pint or half-pint canning jars can be used, but leave room for expansion as ingredients freeze.

Defrost the uncooked salsa in a colander, returning just enough liquid for a good consistency.

Yield: 3 cups

Tropical Fruit Freezer Salsa



1 medium mango

1 cup fresh pineapple

1 cup fresh honeydew melon

½ cup red bell pepper, diced

1/3 cup seasoned rice wine vinegar

2 tablespoons fresh cilantro, minced

½ teaspoon dried hot red chiles, crushed

2 large kiwi, peeled and cut in ¼-inch cubes (for serving day)

Peel mango and cut away from skin, cutting pieces into ½-inch cubes. Add to bowl with pineapple, honeydew, red bell pepper, rice wine vinegar, cilantro, and chiles. Stir and freeze in freezer-safe container. To serve, thaw overnight in refrigerator, add kiwi, and serve.

FROZEN AND REFRIGERATED SWEETS

“These sweet treats are easy to make so you can whip them up with a minimum of effort.” – IRMA

“6-In-1” Refrigerator Cookies



From Irma Harding, *How to Freeze Foods*

“Try this cookie recipe the next time you put cookies in your freezer.” – IRMA

1 cup butter

½ cup brown sugar
½ cup white sugar
1 egg, beaten
½ teaspoon vanilla

2 cups all-purpose flour

½ teaspoon soda
¼ teaspoon salt
½ square bitter chocolate, melted
¼ cup shredded coconut
¼ cup chopped raisins

¼ cup chopped pecans
½ teaspoon cinnamon
¼ teaspoon nutmeg

Cream butter. Gradually add sugar. Continue creaming until mixture is light and fluffy. Add egg and vanilla. Mix well. Sift flour, soda, and salt together, and gradually add to mixture. Beat well after each addition. Divide dough into 6 equal portions. To one portion add chocolate, coconut to another, raisins to one, pecans to another, cinnamon and nutmeg to another, and leave the last portion plain. Shape each portion into a roll 1 ¾ inches in diameter. Wrap and freeze. Store up to 6 months.

To bake, remove from freezer. Slice frozen dough 1/8 inch thick. Bake on cookie sheet in 375°F oven for 10–12 minutes. Cookies may be frozen either baked or unbaked with excellent results.

Freezer Lemon Curd



2 ½ cups superfine sugar
½ cup lemon zest, freshly zested

1 cup bottled lemon juice

¾ cup unsalted butter, chilled and cut into approximately ¾-inch pieces
7 large egg yolks

4 large whole eggs

SPECIAL EQUIPMENT NEEDED:

- Lemon zester
- Stainless-steel balloon whisk
- 1 ½-quart double boiler (the top double-boiler pan should be at least 1 ½-quart volume)
- Strainer
- Kitchen thermometer measuring to at least 180°F

- Glass or stainless-steel medium mixing bowl
- Silicone spatula or plastic or wooden spoon
- 1-quart freezer container(s)

Wash freezer container(s) with warm, soapy water. Rinse well and dry. Keep covered or upside down on clean surface to prevent contamination while you make your lemon curd.

Combine the sugar and lemon zest in a small bowl, stir to mix, and set aside about 30 minutes. Premeasure the lemon juice and prepare the chilled butter pieces. Heat water in the bottom pan of the double boiler until it boils gently.

The water should not boil vigorously or touch the bottom of the top double-boiler pan or bowl in which the curd is to be cooked. Steam produced will be sufficient for the cooking process to occur.

In the top of the double boiler, on the countertop or table, beat egg yolks and whole eggs thoroughly but lightly with the whisk. Slowly whisk in the sugar and zest, blending until well mixed so that the mixture is not lumpy. Blend in the lemon juice and then add the butter pieces to the mixture. Place the top of the double boiler over boiling water in the bottom pan. Stir gently but continuously with a silicone spatula, or plastic or wooden spoon, to prevent mixture from sticking to the bottom of the pan.

Continue cooking until mixture reaches 170°F. Use a thermometer to monitor temperature. Remove the double-boiler pan from the stove and place on a protected surface, such as a dish cloth or towel to protect the countertop. Continue to stir gently until the curd thickens (about 5 minutes). Strain curd through a mesh strainer into a glass or stainless-steel bowl; discard collected zest. Allow the curd to cool to room temperature. To prevent surface skin from forming while it cools, place a clean piece of plastic food wrap down onto the surface of the curd or cover the bowl. Fill cooled curd into freezer container(s), leaving ½ inch headspace, and freeze immediately.

Prepared lemon curd can be frozen for up to 1 year without quality changes when thawed. To thaw, place container in a refrigerator at 40°F or lower for 24 hours before intended use. After thawing, consume within 4 weeks.

Notes: If superfine sugar is not available, run granulated sugar through a grinder or food processor for 1 minute, let settle, and use in place of superfine sugar.

If a double boiler is not available, a substitute can be made with a large bowl or saucepan that fits partway down into a saucepan of a smaller diameter. If the bottom pan has a larger diameter, the top bowl or pan should have handles that can rest on the rim of the lower pan.

VARIATION: For lime curd, use the same recipe but substitute 1 cup bottled lime juice and ¼ cup fresh lime zest for the lemon juice and zest.

Developed at The University of Georgia, Athens, GA, for the National Center for Home Food Preservation. Released by Elizabeth L. Andress, PhD, Department of Foods and Nutrition, College of Family and Consumer Sciences, March 2004. Used with permission.

Fancy Ice Cubes



Irma Harding, *Refrigerator Recipes*

“You will be serving many cooling colorful beverages in the summertime. Here are some suggestions for making these midafternoon and evening pickups especially refreshing.” – IRMA

Use either crushed or as whole cubes. Crushed ice cools beverages more quickly; cubes last longer and add a pleasant tinkle.

- Add a few drops of food coloring to water. Delicately tinted shades are more attractive when tinting ice cubes.
- Freeze curls of lemon or orange peel, maraschino cherries with stems, sprigs of mint, or a raspberry or strawberry in ice cubes.
- Freeze leftover fruit drinks in ice-cube trays to serve in iced tea or other beverages.
- Freeze cubes slowly to prevent cloudiness and expansion. If fruit is to be

frozen in the cube, fill tray 1/3 full of liquid, partially freeze, and add fruit. Allow to freeze into position. Add water to within ¼ inch of top of tray and finish freezing.

- Children will love frozen cubes of sweet fruit flavor if sticks are inserted in the mixture when nearly frozen so that they will resemble frozen suckers.
- Fruit punch frozen in cubes or in a block is ideal for chilling the punch bowl and cooling the beverage.

Ice Cream Pie



Irma Harding, *How to Freeze Food*

“This ice cream pie makes a perfect conclusion for a delightful dinner and is especially nice when used as a feature of Christmas or Valentine party where bright reds are so essential.” – IRMA

2 cups graham crackers

¼ cup sugar

½ cup butter

1 tablespoon water

1 quart vanilla ice cream

1 package frozen strawberries

Roll crackers until very fine. Place in bowl and stir in sugar and gradually add softened butter, mixing thoroughly. Stir in water. Form shell by pressing mixture over bottom and sides of 9-inch pie pan. Mound the ice cream in pie shell. Allow berries to thaw only enough to separate in chunks and arrange berries around edge of shell and in center of pie. Substitute favorite frozen fruit for

edge of shell and in center of pie. Substitute favorite frozen fruit for strawberries. Wrap and freeze for up to two months. Serve from freezer.

Individual Pineapple Upside-Down Cakes



Irma Harding, *How to Freeze Foods*

“What a great convenience when guests arrive unexpectedly!” – IRMA

½ cup shortening
1 cup sugar
1 teaspoon vanilla

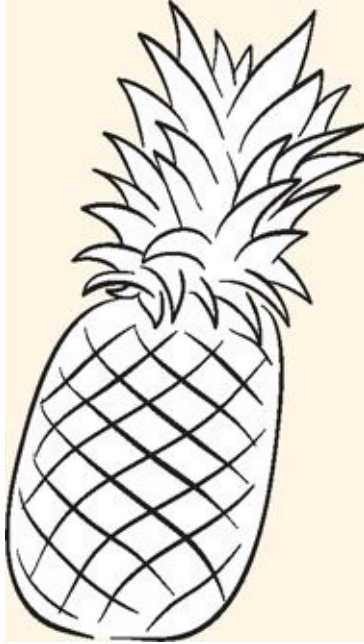
2 eggs

1 ¾ cups sifted cake flour

1 tablespoon baking powder

¼ teaspoon salt
½ cup milk
½ cup butter
1 cup brown sugar

8 pineapple rings



Cream shortening and sugar together until fluffy. Add vanilla. Add eggs one at a time, beating well after each addition. Sift flour with baking powder and salt and add alternately with milk. Melt 2 teaspoons of butter in each of 8 individual baking dishes 4 ½ inches in diameter. Add 2 tablespoons brown sugar. Lay pineapple slice on brown sugar and butter. Pour cake batter over fruit. Freeze.

After batter is frozen, remove dishes and package in moisture/vapor-proof material and store in freezer. To bake, remove from freezer, replace in individual baking dishes, and bake 45 minutes at 350°F without preheating oven.

The ad campaign could get a bit carried away. In this case, a woman goes to her freezer in a long gown and heels. Wisconsin Historical Society / 60037



CHAPTER 16

Drying and Smoking



“Drying and smoking are economical ways to preserve fruits and vegetables. It’s easy and fun to do.” – **IRMA**

Drying Fruits

Drying Vegetables

Drying Herbs

DRIED GARLIC BRAID

DRIED PEPPERS AND RISTRAS

LEATHERS

Smoking

SMOKE-DRIED PEPPERS

SMOKE-DRIED TOMATOES

DRIED TOMATO BEAN DIP

DRIED TOMATO PESTO

DRYING FRUITS AND VEGETABLES

Drying Fruits



- Drying is one of the oldest methods of preserving food for later use.
- Drying foods is simple, safe, and easy to learn.
- Select fruits and vegetables at the peak of their flavor and free of blemishes.
- Pack fruits and vegetables immediately after preparing.
- Use moisture/vapor-proof bags, wraps, or rigid containers.

IRMA'S TIPS ON DRYING FRUITS

Dried fruits are unique, tasty, and nutritious. Begin by washing the fruit and coring it if needed. For drying, fruits can be cut in half or sliced. Drying times are suggested, but you may find that it takes some trial and error. Because of variations in air circulation, drying times in conventional ovens could be up to twice as long. See Drying Step-by-Step on [pages 75–77](#).

- Pretreatments prevent fruits from darkening. Many light-colored fruits, such as apples, darken rapidly when cut and exposed to air.
- Discoloration can be controlled with ascorbic acid and moisture/vapor-proof containers and wraps.

APPLES: Choose fully mature ripe apples that resist browning when cut. Wash, peel, core, and remove bruised spots. Cut into slices or rings about 1/8 inch thick. To prevent discoloration, place apples in a solution of 1 ½ tablespoons ascorbic acid mixed with 1 quart of water. Place the fruit in the mixture and soak 10 minutes. Drain the fruit well and arrange slices on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 135°F in a conventional oven with the door slightly open. Rotate trays occasionally to promote even drying. The process could take 6–12 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–12 hours.

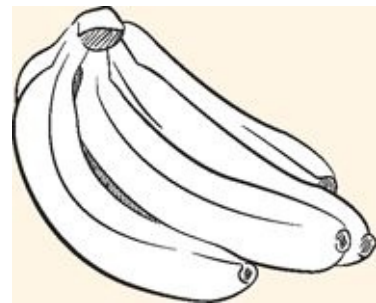
Test for doneness. Apples should be pliable and leathery. Pack small amounts in airtight bags or canning jars. Label containers.

APRICOTS: Choose firm, ripe apricots with tender yellow-orange skin. Handle carefully. Wash, sort to size, and remove overripe or damaged fruit. Halve and remove pits. Apricots can also be sliced. To prevent discoloration, place apricots in a solution of 1 ½ tablespoons ascorbic acid mixed with 1 quart of water and soak 10 minutes. Drain the fruit well and arrange skin side down on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 18–20 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 18–20 hours.

Test for doneness. Apricots should be pliable and leathery with no moist spots. Pack small amounts in airtight bags or canning jars. Label containers.

BANANAS: Use solid yellow or slightly brown-flecked bananas. Avoid bruised or overripe bananas. Peel and slice ¼ inch to 3/8 inch thick, crosswise or lengthwise. To prevent discoloration, place bananas in a solution of 1 ½ tablespoons ascorbic acid mixed with 1 quart of water and soak 10 minutes. Drain the fruit well.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–12 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–12 hours.

Test for doneness. Bananas should be pliable and crisp, almost brittle. Pack small amounts in airtight bags or canning jars. Label containers.

BERRIES

BLUEBERRIES, CRANBERRIES, CURRANTS, GOOSEBERRIES, AND

HUCKLEBERRIES: Choose fresh, firm fully ripened berries with sweet, rich flavor. Discard seedy, bruised, underripe, poorly colored fruit. Wash and drain berries with waxy coating. Blanch in boiling water 15–30 seconds to check skins. Plunge in ice water to stop further cooking. Drain on paper towels. See [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door ajar for 24–30 hours. Rotate trays occasionally to promote even drying.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator, and turn occasionally. The process could take 24–30 hours.

Test for doneness. Berries should be leathery but hard, shriveled like raisins. Pack small amounts in airtight bags or canning jars. Label containers.

STRAWBERRIES AND BOYSENBERRIES: Choose fully ripe, firm berries.

Wash a few at a time in iced water. Lift berries out of water and drain. Leave berries whole or slice strawberries ¼ inch thick. No pretreatment necessary.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door ajar for 24–36 hours. Rotate trays occasionally to promote even drying.

When using a dehydrator, follow the instructions in the owners' manual. Arrange trays in the dehydrator and turn occasionally. The process could take 24–36 hours.

Test for doneness. Berries should be pliable, hard, and almost crisp. Pack small amounts in airtight bags or canning jars. Label containers.

CHERRIES: Choose fresh, large, firm, bright-red cherries of uniform ripeness and color. Select cherries with rich flavor and tender skins. Cherries should

be a little riper than for fresh use. Stem, wash, drain, and pit. Cut in half, chop, or leave whole.

For sour cherries, to prevent discoloration, place in a solution of 1 ½ tablespoons ascorbic acid mixed with 1 quart of water and soak 10 minutes.

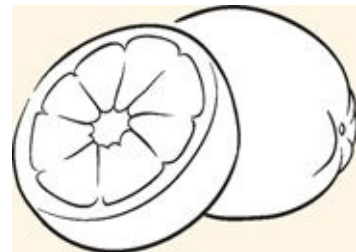
For whole cherries, blanch in boiling water 30 seconds to check skins. Plunge in ice water to stop further cooking. Drain on paper towels. See [pages 57–61](#). No pretreatment necessary for cut and pitted cherries.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 165°F in a conventional oven with the door ajar for 2–3 hours, and then reduce the heat to 130°–135°F and dry for an additional 24–36 hours. Rotate trays occasionally to promote even drying.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 24–36 hours.

Test for doneness. Cherries should be leathery, hard, and slightly sticky. Pack small amounts in airtight bags or canning jars. Label containers.

CITRUS PEEL: Peels of citron, orange, grapefruit, kumquat, lime, lemon, tangelo, and tangerine can be dried. Thick-skinned navel orange peel dries better than thin-skinned Valencia peel. Wash thoroughly. Use vegetable peeler to remove outer 1/6 to 1/8 inch of peel. Avoid bitter white pith. No pretreatment necessary.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 135°F in a conventional oven with the door ajar 8–12 hours. Rotate trays occasionally to promote even drying.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Peels should be crisp but not brittle. Pack small amounts in airtight bags or canning jars. Label containers.

FIGS: Choose ripe figs with rich flavor and aroma, and tender flesh and skin. Immature fruit may sour before drying. Wash or clean whole fruit with damp cloth. Leave small fruit whole; otherwise cut in half. Cut off stems. No pretreatment necessary.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 135°F in a conventional oven with the door ajar for 6–12 hours. Rotate trays occasionally to promote even drying.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–12 hours.

Test for doneness. The exterior of the figs should be leathery but pliable, and the interior slightly sticky. Pack small amounts in airtight bags or canning jars. Label containers.

GRAPES: Leave seedless grapes whole. Blanch in boiling water 30 seconds or more to check skins. Plunge in ice water to stop further cooking. Drain on paper towels.

Cut grapes with seeds in half. No pretreatment necessary.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 135°F in a conventional oven with the door ajar for 12–20 hours. Rotate trays occasionally to promote even drying.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–20 hours.

Test for doneness. Grapes should be wrinkled like raisins. Pack small amounts in airtight bags or canning jars. Label containers.

PEACHES AND NECTARINES: Choose firm, full-colored, mature, ripe fruit. Sort, wash, and drain. Halve or slice and pit as you would apricots. Select freestone peaches for easy pitting and peeling. Leave fruit in halves or cut into ¼ slices. To prevent discoloration, place fruit in a solution of 1 ½

tablespoons ascorbic acid mixed with 1 quart of water and soak 10 minutes. Drain the fruit well.

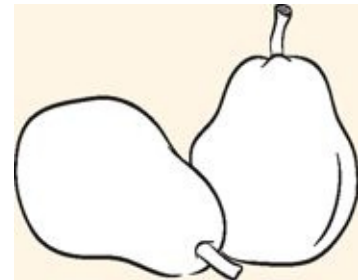
Arrange skin side down on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 18–20 hours for slices and 24–36 hours for halves.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 18–20 hours.

Test for doneness. Fruit should be pliable and leathery with no moist spots. Pack small amounts in airtight bags or canning jars. Label containers.

PEARS: Choose firm ripe, fully matured pears.

Wash, dry, cut in half, and core. Peeling is preferred. Pears may also be cut into ¼ inch slices or quarters. To prevent discoloration, place fruit in a solution of 1 ½ tablespoons ascorbic acid mixed with 1 quart of water and soak 10 minutes.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly open. Rotate trays occasionally to promote even drying. The process could take 12–18 hours for slices and 24–36 hours in the oven for halves.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–18 hours for slices and 24–36 hours in the oven for halves.

Test for doneness. Fruit should be leathery with no moist spots. Pack small amounts in air tight bags or canning jars. Label containers.

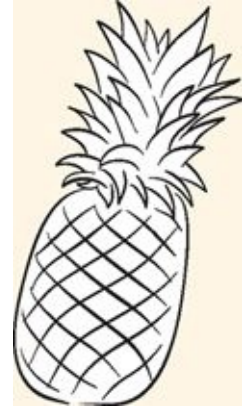
PINEAPPLE: Choose fully ripe, fresh pineapple that has a fragrant, spicy odor.

Wash, peel, and remove thorny eyes. Slice lengthwise and remove core. Cut in ¼-to ½-inch slices, crosswise. No pretreatment necessary.

Arrange on trays, leaving room for air circulation. The pieces should not

touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly open. Rotate trays occasionally to promote even drying. The process could take 12–18 hours for ¼-inch slices and 24–36 hours for ½-inch slices.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–18 hours for ¼-inch slices and 24–36 hours for ½-inch slices.



Test for doneness. Pineapple should be leathery but not sticky. Pack small amounts in airtight bags or canning jars. Label containers.

PLUMS: Choose soft, uniformly ripe fruit with firm skin. Discard bruised, damaged, immature, or overripe fruit. Leave whole, halve the fruit, or cut in ¼-to ½-inch slices. Rinse in tap water for oven or dehydrator drying.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly open. Rotate trays occasionally to promote even drying. The process could take 12–18 hours for ¼-inch slices and 24–36 hours for ½-inch slices.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–18 hours for ¼-inch slices and 24–36 hours for ½-inch slices.

Test for doneness. Plums should be pliable and shriveled. Pack small amounts in airtight bags or canning jars. Label containers.

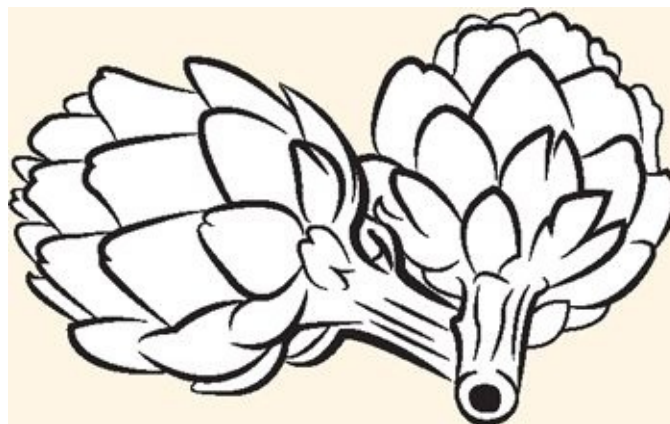
DRYING VEGETABLES

IRMA'S TIPS ON DRYING VEGETABLES

Vegetables can also be preserved by drying. Because they contain less acid than fruits, vegetables are dried until they are brittle. Drying times are suggested, but you may find that it takes some trial and error. Because of variations in air circulation, drying times in conventional ovens could be up to twice as long. See Drying Step-by-Step on [pages 75–76](#).

- Prepare vegetables for drying as you would for the table.
- Blanching retards the action of the enzymes, the chemical agents that bring about undesirable changes in quality and flavor during storage.
- Blanching makes vegetables easier to pack. See blanching basics on [pages 57–61](#).

ARTICHOKES: Choose fresh globes from which a leaf will pull easily. Pull off outer bracts until reaching inner light-yellow or white bracts that are free from all green. Cut off tops of buds and trim to a cone, leaving only the hearts. Cut hearts into 1/8-inch strips. Submerge in cold water and wash. Heat in boiling solution of $\frac{3}{4}$ cups water and 1 tablespoon lemon juice. Blanch for 6–8 minutes in 4 quarts of boiling solution per pound of artichokes. See blanching basics on [pages 57–61](#). Cool and drain.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly open. Rotate trays occasionally to promote even drying. The process

slightly open. Rotate trays occasionally to promote even drying. The process could take 4–6 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 4–6 hours.

Test for doneness. Artichokes should be leathery to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

ASPARAGUS: Cut young, tender, rapid-growing spears 3/8 to 1 inch thick at the butt end, which are free from woody fiber. Wash thoroughly and sort according to size. Halve large tips. Cut into 1-inch pieces. Blanch 3 ½ to 4 ½ minutes in boiling water. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 6–10 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 4–6 hours.

Test for doneness. Asparagus should be leathery to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

BEANS (GREEN AND WAX): Choose tender, crisp, stringless, medium-size beans that have bright-green or yellow pods. Discard small, immature, thin pods, and all bruised and discolored beans. Sort and wash thoroughly in cold water. Snip off ends and rewash. Cut in pieces or strips. Blanch 2 minutes in boiling water. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 8–14 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could

take 8–14 hours.

Test for doneness. Beans should be very dry to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

BEETS: Choose uniformly deep-red or golden, tender, young beets of medium size, about 2 inches in diameter. Sort out small beets. Discard over-mature beets and those that are split. Wash thoroughly. Peel and cut into shoestring strips 1/8 inch thick. Cook until tender.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–12 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–12 hours.

Test for doneness. Beets should be brittle and dark red. Pack small amounts in airtight bags or canning jars. Label containers.

BROCCOLI: Choose tender, compact, firm heads of uniform dark-green color with young, tender stalks about 1 inch thick. Wash and sort according to size. Trim off outer leaves (they can be used in soups or stir fry) and imperfect stalks. Trim away woody parts of the stalk. Quarter stalks lengthwise so that heads are about 1 inch in diameter. Blanch 2 minutes in boiling water. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 12–15 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator, and turn occasionally. The process could take 12–15 hours.

Test for doneness. Broccoli should be crisp and brittle. Pack small amounts in airtight bags or canning jars. Label containers.

BRUSSELS SPROUTS: Choose firm, compact, bright-green, small-or medium-size sprouts. Wash thoroughly, discarding those that are wilted or discolored. Sort sprouts by size and head compactness. Cut in half lengthwise through stem. Blanch 4 ½ to 5 ½ minutes according to size in 4 quarts of boiling water per pound of sprouts. Cool and drain. See blanching basics on [pages 57–61](#).



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 12–18 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–18 hours.

Test for doneness. Brussels sprouts should be tough to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

CABBAGE: Choose solid, compact heads with succulent, crisp leaves without fibrous midribs. Discard outside leaves, cut into wedges, and separate the leaves or shred. Cut into strips 1/8 inch thick. Blanch 1 ½–2 minutes. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–12 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–12 hours.

Test for doneness. Cabbage should be crisp and brittle. Pack small amounts in airtight bags or canning jars. Label containers.

CARROTS: Choose bright-orange, young, tender, coreless medium-length carrots. Discard those that are cracked or damaged. Wash thoroughly. Peel if

desired and cut into slices or strips 1/8 inch thick. Blanch 3 ½ minutes. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–12 hours.

When using a dehydrator, follow the instructions in the owner’s manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–12 hours.

Test for doneness. Carrots should be crisp and brittle. Pack small amounts in airtight bags or canning jars. Label containers.

CAULIFLOWER: Use compact, relatively smooth heads, with firm, tender curd. Trim leaves and break into florets. Blanch 3–4 minutes. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 12–15 hours.

When using a dehydrator, follow the instructions in the owner’s manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–15 hours.

Test for doneness. Cauliflower should be tough to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

CELERY: Choose crisp stalks. Trim and wash as for table use. Cut into 1-inch pieces. Blanch 2 minutes. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–15 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–15 hours.



Test for doneness. Celery should be very brittle. Pack small amounts in airtight bags or canning jars. Label containers.

CUT CORN: Choose only tender yellow or white sweet corn of uniform maturity with deep, full, rounded, regular kernels. Husk, trim, and blanch 1 ½ minutes until milk does not exude from kernel when cut. Cool and drain. See blanching basics on [pages 57–61](#). Cut the kernels from the cob.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 6–10 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–10 hours.

Test for doneness. Corn should be crisp and brittle. Pack small amounts in airtight bags or canning jars. Label containers.

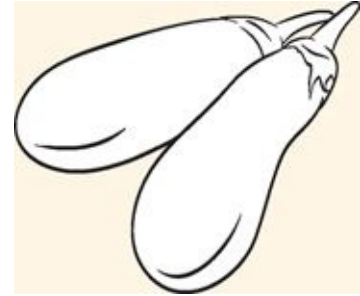
EGGPLANT: Choose firm, ripe eggplant with smooth skin. Over-mature or large eggplant is unsatisfactory. Wash, peel, and slice ¼ inch thick. Blanch 1 ½ minutes. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–12 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–12 hours.

Test for doneness. Eggplant should be leathery to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

GARLIC: Select firm heads of fresh garlic. Peel and finely chop garlic. No pretreatment is needed. Pungent aroma.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 6–8 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–8 hours.

Test for doneness. Dried garlic should be crisp and can be ground to make garlic powder. Pack small amounts in airtight bags or canning jars. Label containers.

GREENS (CHARD, KALE, TURNIP, AND

SPINACH): Choose fresh, young, tender, succulent leaves without tough midribs. Wash leaves thoroughly in cold running water. Discard discolored leaves and those with large stems. Blanch 1 ½ minutes in 4 quarts of boiling water per ½ pound of greens. See blanching basics on [pages 57–61](#). Twirl the container while the leaves are in the boiling water to prevent matting. Cool and drain thoroughly. Pat dry to remove excess water.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 6–8 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–8 hours.

Test for doneness. Greens should be crisp. Pack small amounts in airtight bags or canning jars. Label containers.

HORSERADISH: Choose firm roots with cut ends that look fresh. The large, white, tapered root of horseradish is covered with a somewhat hairy brown peel. Avoid any wilted, desiccated, or soft specimens. Wash, then remove small rootlets and stubs. Peel or scrape horseradish roots. Grate.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 4–10 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 4–10 hours.

Test for doneness. Horseradish will be brittle. Pack small amounts in airtight bags or canning jars. Label containers.

MUSHROOMS: Choose fresh, tender, perfect, cultivated white, cremini or shiitake mushrooms with pleasing flavor. Do not attempt to dry wild mushrooms if you are not familiar with them and are unable to identify them. Only an expert can differentiate between poisonous and edible varieties. The toxins of poisonous varieties of mushrooms are not destroyed by drying or by cooking. Wash carefully. Do not leave standing in water, as the mushrooms will absorb the liquid. Sort by size. Peel and slice the large mushrooms. Do not peel small mushrooms; leave button-size mushrooms whole. Cut tender stalks into short sections.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 8–10 hours.



When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 8–10 hours.

Test for doneness. Mushrooms will be dry and leathery. Pack small amounts in airtight bags or canning jars. Label containers.

OKRA: Choose young, tender, green pods. Wash thoroughly and rinse. Slice into 1/8-to 1/4-inch discs.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 8–10 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 8–10 hours.

Test for doneness. Okra will be tough and brittle. Pack small amounts in airtight bags or canning jars. Label containers.

ONIONS: Wash and remove outer “paper shells.” Remove tops and root ends, slice 1/8 to 1/4 inch thick.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 3–9 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 3–9 hours.

Test for doneness. Onions will be very brittle. Pack small amounts in airtight bags or canning jars. Label containers.

PEAS (GREEN): Choose fresh, young, tender, firm, green pods of uniform maturity. Discard immature, wrinkled, or bleached pods. If you grow your own, pick peas early in the morning for garden-fresh sweetness. Wash pods thoroughly. Shell and sort out by hand immature and large, hard, starchy peas. Blanch 2 minutes in 4 quarts of water per pound of peas. See blanching basics on [pages 57–61](#).

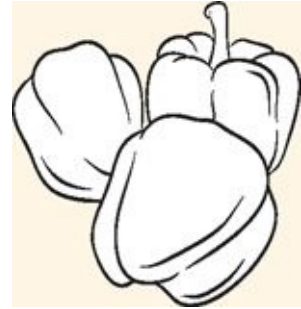
Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process

could take 8–10 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 8–10 hours.

Test for doneness. Peas will be hard, wrinkled, and green. Pack small amounts in airtight bags or canning jars. Label containers.

PEPPERS AND PIMIENTOS: Choose firm, tender red or green peppers with glossy skins and thick flesh. Wash. Remove seeds and stems. Cut into disks about 3/8 x 3/8 inch.



Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 8–12 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Peppers will be tough and brittle. Pack small amounts in airtight bags or canning jars. Label containers.

PEPPERS (GREEN CHILE): CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Wash. Loosen skins, cut slit in skin, then rotate over flame 6–8 minutes or scald in boiling water. Peel and split pods. Remove seeds and stem. Slice or leave whole if small.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 12–14 hours.

When using a dehydrator follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–14 hours.

Test for doneness. Chiles should be crisp, brittle, and medium green. Pack small amounts in airtight bags or canning jars. Label containers.

PEPPERS (RED CHILE): CAUTION: Wear plastic or rubber gloves and do not touch your face while handling or cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

Wash. Slice or leave whole if small. Blanch 4 minutes. Cool and drain. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 12–24 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 12–24 hours.

Test for doneness. Chiles should be shrunken, flexible dark-red pods. Pack small amounts in airtight bags or canning jars. Label containers.

POTATOES: Wash, peel, and dry. Cut into shoestring strips ¼ inch thick, or into slices 1/8 inch thick.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 6–8 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–8 hours.

Test for doneness. Potatoes will be brittle. Pack small amounts in airtight bags or canning jars. Label containers.

bags or canning jars. Label containers.

SWEET POTATOES: Wash, peel, and dry. Cut into shoestring strips $\frac{1}{4}$ inch thick, or into slices $\frac{1}{8}$ inch thick.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 6–8 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 6–8 hours.

Test for doneness. Sweet potatoes will be crispy. Pack small amounts in airtight bags or canning jars. Label containers.

PUMPKIN AND WINTER SQUASH: Choose fully mature pumpkin. Wash thoroughly. Cut into pieces and remove seeds and stringy tissue. Cut into 1-inch-wide strips. Peel rind. Cut strips crosswise into pieces about $\frac{1}{8}$ inch thick. Blanch 1 minute in 4 quarts of water per pound of pumpkin. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–16 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–16 hours.



Test for doneness. Pumpkin will be tough to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

SUMMER SQUASH: Choose young, tender squash with small seeds. Test for tender skin by pressing lightly with fingertip. Wash thoroughly with soft vegetable brush, trim, and cut into $\frac{1}{4}$ -inch slices. Blanch 1 $\frac{1}{2}$ minutes in 4 quarts of water per pound of squash. See blanching basics on [pages 57–61](#).

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–12 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–12 hours.

Test for doneness. Squash will be leathery to brittle. Pack small amounts in airtight bags or canning jars. Label containers.

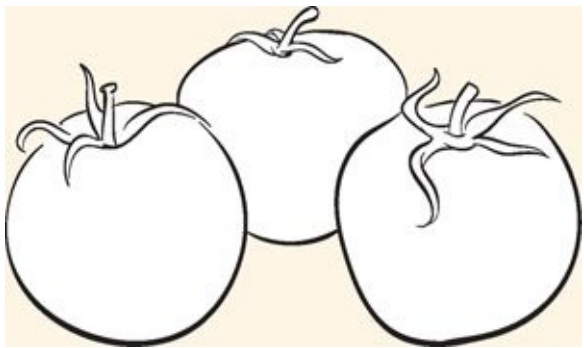
TOMATOES FOR STEWING: Steam or dip in boiling water to loosen skins. Chill in cold water. Peel. Cut into sections about $\frac{3}{4}$ inch wide, or slice. Cut small pear or plum tomatoes in half. Blanch 1 minute in 4 quarts of water per pound of tomatoes. See blanching basics on [pages 57–61](#). For a variation, dip in a solution of 1 teaspoon citric acid per 1 quart of water for 10 minutes instead of blanching.

Arrange on trays, leaving room for air circulation. The pieces should not touch or overlap. Dry at 130°–135°F in a conventional oven with the door slightly ajar. Rotate trays occasionally to promote even drying. The process could take 10–18 hours.

When using a dehydrator, follow the instructions in the owner's manual. Arrange trays in the dehydrator and turn occasionally. The process could take 10–18 hours.

Test for doneness. Tomatoes will be crisp. Pack small amounts in airtight bags or canning jars. Label containers.

Adapted from “So Easy to Preserve, 5th Ed.,” Bulletin 989. Cooperative Extension Service, The University of Georgia, Athens, GA, 2006. Revised by Elizabeth L. Andress, PhD, and Judy A. Harrison, PhD, Extension Foods Specialists. Used with permission.

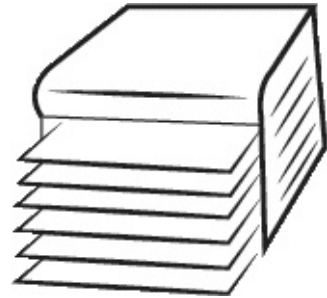


DRYING HERBS

Drying is the easiest method of preserving herbs. Simply expose the leaves, flowers, or seeds to warm, dry air. Leave the herbs in a well-ventilated area until the moisture evaporates. Sun-drying is not recommended because the herbs can lose flavor and color.

The best time to harvest most herbs for drying is just before the flowers first open, when they are in the bursting-bud stage. Gather the herbs in the early morning after the dew has evaporated to minimize wilting. Avoid bruising the leaves. They should not lie in the sun or unattended after harvesting. Rinse herbs in cool water and gently shake to remove excess moisture. Discard all bruised, soiled, or imperfect leaves and stems.

Dehydrator-drying is a fast and easy way to dry high-quality herbs because temperature and air circulation can be controlled. Follow the manufacturer's instructions. Preheat dehydrator with the thermostat set to 95°–115°F. Temperatures as high as 125°F may be needed in areas with higher humidity. After rinsing under cool, running water and shaking to remove excess moisture, place the herbs in a single layer on dehydrator trays. Drying times may vary from 1–4 hours. Check periodically. Herbs are dry when they crumble and stems break when bent. Check your dehydrator instruction booklet for specific details.



Sturdier herbs such as rosemary, sage, thyme, summer savory, and parsley are the easiest to dry without a dehydrator. Tie them into small bundles and hang them to air dry. Air-drying outdoors is often possible; however, better color and flavor retention usually results from drying indoors.

Basil, oregano, tarragon, lemon balm, and the mints have high moisture content and will mold if not dried quickly. Try hanging these tender-leaf herbs or those with seeds inside paper bags to dry. Tear or punch holes in the sides of the bag. Suspend a small bunch (large amounts will mold) of herbs in a bag and close the top with a rubber band. Place where air currents will circulate through the bag.

Any leaves and seeds that fall off will be caught in the bottom of the bag. Another method, especially nice for mint, sage, or bay leaf, is to dry the leaves separately. In areas of high humidity, this will work better than air-drying whole stems. Remove the best leaves from the stems and lay them on a paper towel without allowing leaves to touch. Cover with another towel and layer of leaves. Five layers may be dried at one time using this method. Dry in a very cool oven. The oven light of an electric range or the pilot light of a gas range furnishes enough heat for overnight drying. Leaves dry flat and retain a good color.

Microwave ovens are a fast way to dry herbs when only small quantities are to be prepared. Place a single layer of herbs on a paper plate or towel. Follow the directions that come with your microwave oven. Dry in 30-second intervals, turning the plate until dry. Test for dryness because a microwave can evaporate many of the oils that make herbs flavorful.

When the leaves are crispy dry and crumple easily between the fingers, they are ready to be packaged and stored. Dried leaves may be left whole and crumpled as used, or coarsely crumpled before storage. Husks can be removed from seeds by rubbing the seeds between the hands and blowing away the chaff. Place herbs in airtight containers and store in a cool, dry, dark area to protect color and fragrance.

Dried herbs are usually 3–4 times stronger than the fresh herbs. To substitute dried herbs in a recipe that calls for fresh herbs, use one-quarter to one-third the amount listed in the recipe.

Adapted from “So Easy to Preserve, 5th Ed.,” Bulletin 989. Cooperative Extension Service, The University of Georgia, Athens, GA, 2006. Used with permission.

BASIL: Choose stalks with bright-green leaves and discard any wilted or discolored leaves. Spray with water, shake, and pat dry. Remove leaves from stems. Basil must be dried quickly to avoid mold. Place leaves on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 8–12 hours.

When using a dehydrator, follow the instructions in the owner’s manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Basil leaves will be dry to brittle, crisp enough to crumble. Pack small amounts in airtight bags or canning jars. Label containers.

BAY LEAVES: Select shiny green leaves from the laurel, an evergreen found in warm climates. Remove small, mature leaves from stems. Place whole leaves on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 8–12 hours.

When using a dehydrator, follow the instructions in the owner's manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Bay leaves will be dry to brittle. Pack small amounts of whole leaves in airtight bags or canning jars. Label containers.

DILL: Select dill heads as soon as flower buds form but before they open. Discard stems and chop. Dill seeds may be partially dried on the plant and gathered before pods burst and the seeds scatter.

Place flower buds, leaves, or partially dried seeds on trays, leaving room for air circulation. The buds, leaves, or seeds should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 6–8 hours.

When using a dehydrator, follow the instructions in the owner's manual. Dry at 120°F. Arrange trays in the dehydrator and turn occasionally. The process could take 6–8 hours for buds and leaves. Seeds may take 4–6 hours.

Test for doneness. Buds and leaves will be dry to crisp. Pack small amounts of whole leaves in airtight bags or canning jars. Label containers.

MINT: Select fragrant leaves from spearmint or peppermint plants. Remove leaves from stems and place on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 6–8 hours.

When using a dehydrator, follow the instructions in the owner's manual. Dry

at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Mint leaves will be crisp enough to crumble. Pack small amounts in airtight bags or canning jars. Label containers.

OREGANO: Select oregano flowers and leaves as the flowers begin to open. Place leaves on trays, leaving room for air circulation. The flowers and leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 6–8 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Oregano leaves will be crisp. Crumble before packaging in small amounts in airtight bags or canning jars. Label containers.

PARSLEY: Trim tops and leaves throughout growing season and remove from stems. Leaves can be chopped for faster drying. Place leaves on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 8–10 hours in the oven.



When using a dehydrator, follow the instructions in the owner's manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take from 8–12 hours for sprigs; chopped leaves will take 6–8 hours.

Test for doneness. Parsley leaves will be crisp. Pack in small amounts in airtight bags or canning jars. Label containers.

ROSEMARY: Select fragrant, tender leaves. Discard any irregular leaves or stems. Do not wash. Place leaves on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 8–10 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 6–8 hours.

Test for doneness. Rosemary leaves will be crisp. Pack in small amounts in airtight bags or canning jars. Label containers.

SAGE: Select gray-green leaves, spray lightly with water, and dry. Place leaves on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 10–12 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours.

Test for doneness. Sage leaves will be crisp. Pack in small amounts in airtight bags or canning jars. Label containers.

THYME: Select leaves just as the plant begins to flower. Spray with water and dry. Place leaves on trays, leaving room for air circulation. The leaves should not touch or overlap. Dry at 110°F. Place in oven and rotate trays occasionally to promote even drying. The process could take 6–8 hours in the oven.

When using a dehydrator, follow the instructions in the owner's manual. Dry at 110°F. Arrange trays in the dehydrator and turn occasionally. The process could take 8–12 hours for sprigs; chopped leaves will take 6–8 hours.

Test for doneness. Thyme leaves will be crisp. Crumble and pack in small amounts in airtight bags or canning jars. Label containers.

Garlic Braid



Start with 12 or more garlic bulbs with the tops still attached. Onions with tops also braid well.

Use baling twine or soft jute parcel-post string cut into a 4-to 6-foot length.

Braid garlic before it has completely dried so the leaves are pliable enough to handle. Start with three garlic bulbs. Trim the roots. Use one end of twine to tie the stems together. Begin braiding the stems as you would hair for pigtails, working the twine as a unit with one of the stems.

After making several crosses, begin adding additional garlic bulbs, taking care to space them evenly. Combine several stems into one section of the braid; no one stem will extend for the entire length of the braid. Use the twine to make a loop at the end of the braid for hanging. Hang the braid in a dry, airy, shaded place for two weeks.

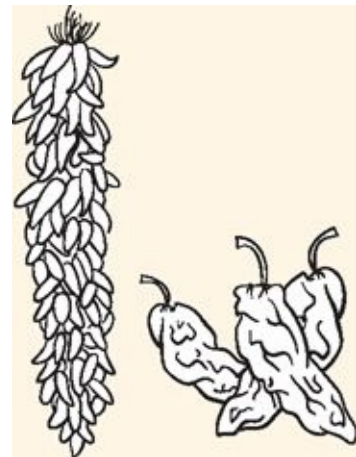
At the end of two weeks, check to see if the tops are completely dry. If not, allow them to hang longer until the tops are completely dry.

Dried Peppers and Ristras



$\frac{3}{4}$ –1 bushel red chile peppers Lightweight cotton packing string with large needle Baling wire or twine

Throughout the Southwest, ristras or strings of chile pepper pods are hung to air-dry in the warm sun. This is a simple, practical way to dry surplus chiles for consumption at a later date. More recently, ristras have increasingly been used for decoration in kitchens around the world. In some countries they are even thought to bring good luck to the household.



Start with thin-skinned, mature chiles such as the Hatch variety that have ripened to a bright red. Leave at least 1 $\frac{1}{2}$ inch of stem on each pepper. A large, sturdy needle with cotton string or baling wire or twine can be used to string the peppers.

Begin by tying or sewing clusters of three chile pods on the lightweight string. To tie clusters, hold three chiles by their stems, wrap the string around the stems twice, bring the string up between two of the chiles, and pull tight. Wrap the string around the stems of the three chiles. Make a half hitch with the string and drop it over all three stems. Pull the string tight. Pick up three more chile pods, and, in the same manner, tie another cluster about 3 inches above the first cluster. Continue until there are several clusters of three chiles or until the

cluster. Continue until there are several clusters or three chiles or until the weight makes it hard to handle. Break the string and start again. Continue tying until all chiles are used.

Suspend the baling wire or baling twine from a nail in a rafter or from a doorknob. Make a loop in the loose end of the wire or twine to keep chile clusters from slipping off. A wooden peg or dowel at the end of the wire or twine can be used to keep chiles in place. Beginning with the first three chile pods (one cluster) tied to the package string, braid the chiles around the wire or twine. The process is like braiding hair—the wire serves as one strand and stems of two chiles in the cluster are the other two strands. As the chile is braided, push down in the center to ensure a tight wrap. Position the chiles to protrude in different directions. If this is not done, empty spaces can develop along one side of the ristra. Continue braiding until all the chile clusters are used.

Hang the completed ristra in the full sun, either on a clothesline or from outdoor rafters where there is good ventilation. The chiles can turn moldy and rot without proper air circulation. This would cause discoloration, which detracts from the ristra's natural beauty and precludes using the chiles as food.

Leathers



FRUIT LEATHER

Fruit leather is a great way to enjoy dried fruit as a chewy, healthy snack. Apples, pears, peaches, plums, pineapple, cherries, strawberries, blueberries, and grapes all make great-tasting fruit leather.

Wash and peel ripe fruit, removing any blemishes, peels, or stems. Overripe fruit and applesauce work well because they are easily puréed. Canned or frozen fruits can also be used, as can the leftover fruit pulp from jelly-making. Try different combinations of fruit.

Cut the fruit into chunks to yield 2 cups for each 13-to 15-inch sheet of fruit leather. Purée fruit in a blender or food processor until smooth. Strain out small seeds with a mesh strainer or food mill. Adjust thickness by adding water. Add 2 teaspoons of lemon juice to light-colored fruit to prevent darkening. Sweeten to taste with sugar or honey. If desired, season with ground spices such as cinnamon, cloves, ginger, nutmeg, or pumpkin pie spice.

cinnamon, cloves, ginger, nutmeg, or pumpkin pie spice.

Heat fruit to a low rolling boil and allow to cool completely.

Line a cookie sheet with plastic wrap or coat the fruit leather tray of your dehydrator with a mist of oil or microwave-safe plastic wrap to prevent sticking. Pour the purée onto the cookie sheet or dehydrator tray and spread to a thickness of 1/8 inch in the center, making the edges a bit thicker for easier handling.

Dry at 140°F in the oven until the fruit is pliable and leather-like with no damp spots or stickiness, or until no indentation is left when you touch the center with your finger. The process could take up to 18 hours in the oven.

Follow the instructions in the owner's manual of the dehydrator. The dehydrator circulates air so that the leather dries more evenly. Drying time is estimated at 6–8 hours.

While still warm, peel from the plastic wrap. Cool, cut with scissors, roll, and rewrap in plastic. Store in an airtight container, refrigerator, or freezer.

TOMATO LEATHER

Core ripe tomatoes and cut into quarters. Cook over low heat in a covered saucepan 15–20 minutes. Purée or force through a sieve or colander and pour into electric fry pan or shallow pan. Add salt or seasonings to taste and cook over low heat until thickened. Spread on a cookie sheet or tray lined with plastic wrap. Dry at 140°F in the oven with the door partially open until the vegetables are pliable and leather-like with no damp spots or stickiness, or until no indentation is left when you touch the center with your finger.

While still warm, peel from the plastic wrap. Cool, cut with scissors, roll, and rewrap in plastic. Store in an airtight container, refrigerator, or freezer.

VEGETABLE LEATHER

Vegetable leathers are made similarly to fruit leathers. Common vegetable leathers are mixed vegetable and pumpkin. Purée cooked vegetables and strain. Spices can be added for flavoring.

Dry at 140°F in the oven with the door partially open until the vegetables are pliable and leather-like with no damp spots or stickiness, or until no indentation

pliable and leather-like with no damp spots or stickiness, or until no indentation is left when you touch the center with your finger. The process could take up to 18 hours in the oven.

Follow the instructions in the owner's manual of the dehydrator. The dehydrator circulates air so that the leather dries more evenly.

While still warm, peel from the plastic wrap. Cool, cut with scissors, roll, and rewrap in plastic. Store in an airtight container, refrigerator, or freezer.

MIXED-VEGETABLE LEATHER

2 cups tomatoes, cored and cut up

1 small onion, chopped

¼ cup chopped celery

Salt to taste

Combine ingredients and cook over low heat in a covered saucepan 15–20 minutes. Purée or force through a sieve or colander. Cook until thickened. Line a cookie sheet with plastic wrap or coat the fruit leather tray of your dehydrator with a mist of oil or microwave-safe plastic wrap to prevent sticking. Pour the purée onto the cookie sheet or dehydrator tray and spread to a thickness of 1/8 inch in the center, making the edges a bit thicker for easier handling.

Dry at 140°F in the oven with the door partially open until the vegetables are pliable and leather-like with no damp spots or stickiness, or until no indentation is left when you touch the center with your finger. The process could take up to 18 hours in the oven.

Follow the instructions in the owner's manual of the dehydrator. The dehydrator circulates air so that the leather dries more evenly.

While still warm, peel from the plastic wrap. Cool, cut with scissors, roll, and rewrap in plastic. Store in an airtight container, refrigerator, or freezer.

PUMPKIN LEATHER

2 cups canned pumpkin or 2 cups fresh pumpkin, cooked and puréed

— cups canned pumpkin or — cups fresh pumpkin, cooked and pureed
½ cup honey
¼ teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon powdered cloves



Blend ingredients well. Spread on tray or cookie sheet lined with plastic wrap. Dry at 140°F until the pumpkin is pliable and leather-like with no damp spots or stickiness, or until no indentation is left when you touch the center with your finger.

Follow the instructions in the owner's manual of the dehydrator. The dehydrator circulates air so that the leather dries more evenly.

While still warm, peel from the plastic wrap. Cool, cut with scissors, roll, and rewrap in plastic. Store in an airtight container, refrigerator, or freezer.

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SMOKING

Smoke-Dried Peppers



Just about any pepper can be smoked. The most well-known is the chipotle, a smoke-dried jalapeño.

CAUTION: Handle with care. Use disposable food-service gloves to protect your hands while cutting and handling peppers. Eye protection is a good idea. Do not rub your eyes or face. Wash your hands thoroughly after handling peppers.

Start with fresh whole peppers. Traditional chipotles are smoked whole, but peppers can be cut in half. Cut off the top of each pepper to remove the stem and cut in half lengthwise for faster drying. To retain all of the pepper's heat, leave the ribs and seeds intact; otherwise remove them with a paring knife.

Arrange the peppers cut side up on a tray or grid for the smoker, leaving plenty of room for air circulation. Place in smoker or covered barbeque grill, following instructions in the owner's manual. Different wood chip varieties provide different tastes and aromas. Options include hickory, oak, mesquite, and fruitwood. Soak wood chips for at least an hour. It is important to maintain as much of the smoke as possible in the grill or smoker to cure the food.

Smoking can take from 2–10 hours. Turn tray every hour and monitor for desired degree of dryness and intensity of smoky flavor. Peppers will be a deep, rich reddish brown. The peppers may be finished in dehydrator or in the oven set at a low temperature after smoking to reach the proper degree of dryness.

After smoke-drying, let the chipotles air-dry for an additional 1–2 days. Store in airtight containers or plastic bags. Store with spices or in the refrigerator or freezer.

USES: Chipotle is a trendy flavor ingredient in all sorts of dishes, adding a smoky zing to any recipe. These peppers can also be ground into a fine

powder using a spice mill or coffee grinder. Combine with cumin, oregano, and other peppers.

To make chipotle paste, grind the peppers in a food processor. Pour the resulting paste into ice-cube trays. Once frozen, place paste cubes in freezer bags. They will keep for months in the freezer. Remove as needed for use in favorite recipes.

Pack chipotle peppers in adobo sauce to enhance the smoky flavor.

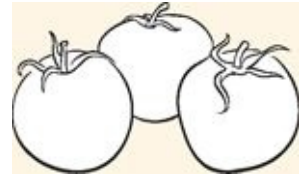
Smoke-Dried Tomatoes



From Larry Butler, Boggy Creek Farm, Austin, Texas Larry has been smoke drying tomatoes since 1994.

Roma tomatoes cut in 1/8-inch slices or halved

Place sliced or halved tomatoes on a tray, leaving room for air circulation. Place in smoker or covered barbeque grill, following instructions in owner's manual. Different wood chip varieties provide different tastes and aromas. Options include hickory, oak, mesquite, and fruitwood. Soak wood chips for at least an hour. It is important to maintain as much of the smoke as possible in the grill or smoker to cure the food.



Smoking can take 2–10 hours. Turn tray every hour and monitor for desired degree of dryness and intensity of smoky flavor. Tomatoes will be a deep, rich red. Tomatoes may be finished in dehydrator or in the oven set at a low temperature after smoking.

Store in airtight containers or plastic bags. Tomatoes can also be stored in olive oil. Place smoke-dried tomatoes in jar and cover with warmed oil. The oil will absorb smoky flavor and can be used to flavor foods. Store in refrigerator or freezer.

USES: Tomatoes can be rehydrated in very hot water for a few minutes. Chop tomatoes into small pieces or use a food processor.

For sautéed vegetables, simmer chopped onions and garlic in the oil from the

smoke-dried tomatoes until softened. Add other chopped vegetables such as eggplant, squash, or green beans, and simmer until soft. Add chopped smoke-dried tomatoes and simmer a few more minutes. Toss with hot pasta or rice, or spoon over spaghetti squash. Great on toast and open-faced sandwiches.

With greens, sauté a variety of greens such as chard, spinach, mustard, or collard in olive oil with garlic and mushrooms. Sprinkle with smoke-dried tomatoes and add crumbled feta or Parmesan cheese.

With beans or chili, add 2–3 smoke-dried tomatoes to the pot and cook.

As a pork substitute, add smoke-dried tomatoes to replace bacon or ham in any quiche recipe. In scrambled eggs, smoke-dried tomatoes give vegetarians the bacon experience without the bacon. And carnivores will love smoke-dried tomatoes and eggs.

Larry's Smoke-Dried Tomato Bean Dip



From Larry Butler, Boggy Creek Farm, Austin, Texas

1 ¼ pounds dried pinto or black beans
4 cloves fresh garlic, chopped (substitute 1 tablespoon granulated garlic or 1 teaspoon garlic powder)
½ cup onion powder or 2 fresh onions, chopped
4 ounces tomato juice
1 ounce smoke-dried tomatoes
4 ounces apple cider vinegar
4 tablespoons olive oil

1 teaspoon salt

Soak the beans overnight. Cook beans until tender, drain water. Combine the rest of the ingredients and cook until smoke-dried tomatoes are tender. Mix in the beans and purée in blender or food processor.

Pack in half-pint jars and refrigerate.

Yield: 8 half-pints

Larry's Smoke-Dried Tomato Pesto



From Larry Butler, Boggy Creek Farm, Austin, Texas

“Goes great on baguette slices or
roasted chicken.” – IRMA

2 ounces smoke-dried tomatoes

½ cup tomato juice
2 average-size jalapeños
1 clove fresh garlic, chopped
1 teaspoon salt
1 ounces olive oil

3 ounces apple cider vinegar

Place all the ingredients into a small saucepan, bring to a boil, cover, and simmer until everything is tender. Blend well in a food processor.

Stir this smoky goodness into pasta; combine with chevre for dipping and serve with raw vegetables; or try serving with roasted meats.

Yield: four 4-ounce jars

The International Harvester refrigerators could be customized with color-keyed handles. Wisconsin Historical Society / 58840



CHAPTER 17

Fermenting



“Make your fermented foods more tempting, varied, and delicious.” – IRMA

Chutneys

CHERRY CHUTNEY
FRUIT CHUTNEY
MINT CHUTNEY

Fruit Butter

APRICOT BUTTER

Salsas and Relishes

FERMENTED CILANTRO SALSA
SALSA
CORN RELISH
TOMATO PEPPER RELISH

Sauerkrauts

TRADITIONAL SAUERKRAUT

JAPANESE SAUERKRAUT
KISLAYA KAPUSTA (RUSSIAN SAUERKRAUT)
CURTIDO (LATIN AMERICAN SAUERKRAUT)

PINEAPPLE VINEGAR

CHUTNEYS

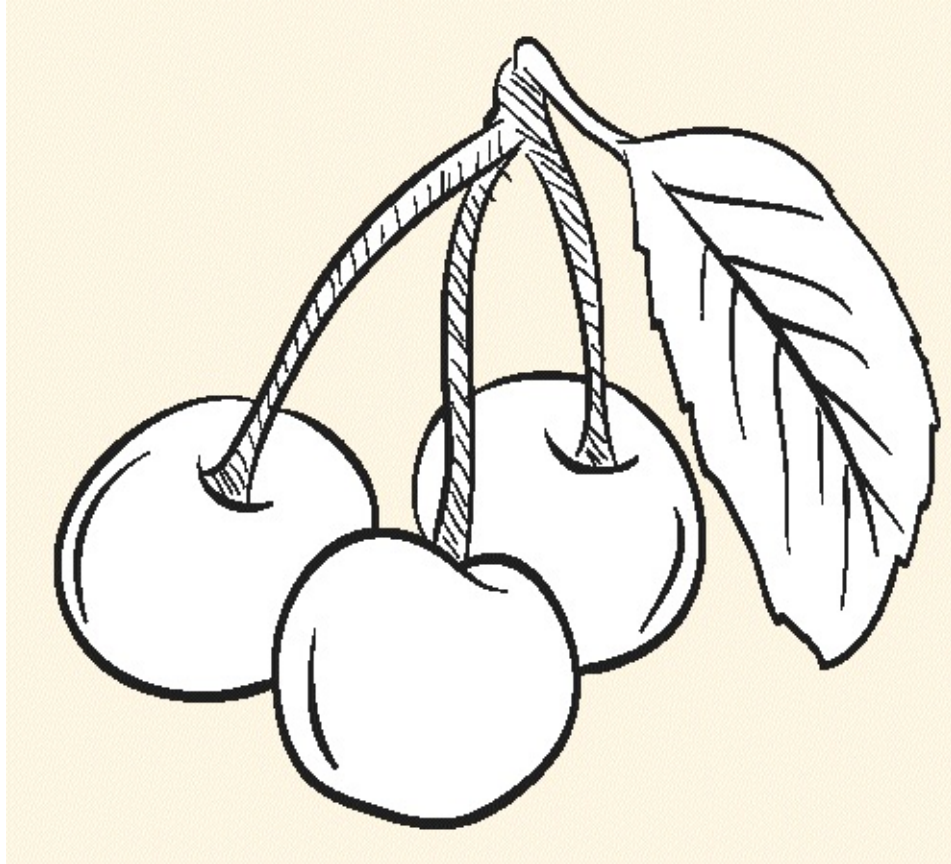
Cherry Chutney From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.



4 cups ripe cherries pitted and quartered ½ teaspoon coriander seeds
½ teaspoon whole cloves
Grated rind and juice of 1 orange 1/8 cup Sucanat or sugar
¼ cup whey

2 teaspoons sea salt

½ cup filtered water



Mix cherries with spices and orange rind. Place in a quart-sized, wide-mouth Mason jar and press down lightly. Mix remaining ingredients and pour into jar, adding more water if necessary to cover the cherries. The top of the chutney should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for two days before transferring to refrigerator. Should be eaten within two months.

Yield: 1 quart

Fruit Chutney From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.



3 cups fresh peaches, pears, apples, mangos, or papaya ½ cup filtered water
Grated rind and juice of 2 lemons 1/8 cup Sucanat or sugar

2 teaspoons sea salt

¼ cup whey

½ cup crispy pecans, chopped

½ cup dark raisins

1 teaspoon ground cumin

½ teaspoon red pepper flakes

½ teaspoon dried green peppercorns, crushed ½ teaspoon dried thyme

1 teaspoon fennel seeds

1 teaspoon coriander seeds

Mix water, lemon juice, lemon rind, Sucanat or sugar, salt, and whey. Peel fruit and cut up into lemon juice mixture. Mix with nuts, raisins, herbs, and spices, and place in a quart-sized, wide-mouth Mason jar. Press down with a wooden pounder or a meat hammer, adding more water if necessary to cover the fruit. The mixture should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for two days before transferring to refrigerator. This should be eaten within two months.

Yield: 1 quart

Mint Chutney From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.



2 cups fresh mint leaves

1 medium onion, peeled and coarsely chopped 4 cloves garlic, peeled and coarsely chopped 4 jalapeños, seeded and chopped 2 teaspoons cumin seeds, toasted in oven 2/3 cup crispy almonds, chopped 1 tablespoon sea salt
4 tablespoons whey

1 tablespoon whey

1 cup filtered water

Place all ingredients except salt, whey, and water in food processor, and pulse a few times until finely chopped but not paste-like. Place in a quart-sized, wide-mouth Mason jar and press down lightly. Mix salt and whey with water and pour into jar, adding more water if necessary to cover the chutney. The top of the chutney should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for two days before transferring to refrigerator. This should be eaten within two months.

Yield: 3 cups

FRUIT BUTTER

Apricot Butter From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.



4 cups unsulphured dried apricots

1 tablespoon sea salt

$\frac{1}{4}$ cup whey

$\frac{1}{4}$ – $\frac{1}{2}$ cup raw honey

Cook apricots in filtered water until soft. Let cool slightly and transfer with a slotted spoon to food processor. Process with remaining ingredients. Taste for sweetness and add more honey if necessary. Place in quart-sized, wide-mouth Mason jars. The apricot butter should be at least 1 inch below the tops of the jars. Cover tightly and keep at room temperature for about two days before transferring to refrigerator. This should be eaten within 2 months.

For apple butter, use dried apples instead of apricots. For pear butter, use dried pears instead of apricots.

Yield: 2 quarts

SAUERKRAUTS

Traditional Sauerkraut



25 pounds cabbage

$\frac{3}{4}$ cup canning or pickling salt

For the best sauerkraut, use firm heads of fresh cabbage. Shred cabbage and start kraut 24–48 hours after harvest.



Work with about 5 pounds of cabbage at a time. Discard outer leaves. Rinse heads under cold running water and drain. Cut heads in quarters and remove cores. Shred or slice to a thickness of a quarter. Put cabbage in a suitable fermentation container and add 3 tablespoons of salt. Mix thoroughly, using clean hands. Pack firmly until salt draws juices from cabbage. Repeat shredding, salting, and packing until all cabbage is in the container. Be sure it is deep enough so that its rim is at least 4–5 inches above the cabbage. If juice does not cover cabbage, add boiled and cooled brine made of 1 $\frac{1}{2}$ tablespoons of salt per quart of water. Add plate and weights. Cover container with a clean bath towel.

Store at 70°–75°F while fermenting. At temperatures between 70°–75°F, kraut will be fully fermented in about 3–4 weeks; at 60°–65°F, fermentation may take 5–6 weeks. At temperatures lower than 60°F, kraut may not ferment. Above 75°F, kraut may become soft.

If weighing the cabbage down with a brine-filled bag, do not disturb the crock until normal fermentation is completed (when bubbling ceases). If jars are used as weight, check the kraut two to three times each week and remove scum if it forms. Fully fermented kraut may be kept tightly covered in the refrigerator for several months, or it may be canned as follows: **HOT PACK:** Slowly bring kraut and liquid to a boil in a large kettle, stirring frequently. Remove from heat and fill hot jars rather firmly with kraut and juices, leaving $\frac{1}{2}$ inch headspace.

RAW PACK: Fill hot jars firmly with kraut and cover with juices, leaving ½ inch headspace.

Remove air bubbles and adjust headspace if needed. Wipe jar rims. Adjust lids and process hot-pack pint jars for 10 minutes and quart jars for 15 minutes in a water-bath canner. Process raw-pack pint jars for 20 minutes and quart jars for 25 minutes in water-bath canner. Adjust time for altitude (see [pages 32–33](#)).

VARIATION: Add caraway seeds to taste.

Yield: About 9 quarts

Japanese Sauerkraut From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.



1 head Napa cabbage, cored and shredded
1 bunch green onions, chopped
2 tablespoons naturally fermented soy sauce
2 tablespoons fresh lemon juice

1 teaspoon sea salt

2 tablespoons whey (if not available, use an additional 1 teaspoon salt)

Traditionally, this kraut is made with a culture derived from rice bran, but whey serves an identical purpose and is more easily obtained. Place all ingredients in a bowl, mix well, and pound with a wooden pounder or a meat hammer to release juices. Place in a quart-sized, wide-mouth Mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the vegetables should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about three days before transferring to cold storage.

Yield: 2 quarts

Kislaya Kapusta (Russian Sauerkraut)

From Stacey Thompson, Austin, Texas,
adapted from
www.sauerkrautrecipes.com

5 pounds green cabbage, shredded (about 16 cups)

1 cup fresh cranberries

2 medium tart apples, diced into ½-inch cubes

3 ½ tablespoons coarse kosher salt

1 tablespoon of sugar

Combine the shredded cabbage with the cranberries and apples in a very large bowl or bucket. Toss thoroughly with the salt and sugar. Let stand for 1 hour.

Transfer the vegetables and the accumulated liquid into a 2-gallon jar with a wide mouth or a small nonreactive bucket. Place a saucer on the vegetables and weight with a large can filled with water or a small weight. The cabbage should be completely submerged in liquid. Place a double layer of clean wet cheesecloth over the mouth of the jar and tie securely with kitchen string. Place in a well-ventilated place, at about 65°F to 75°F.

Every day for the next four days, remove and rinse out the cheesecloth. Remove any scum that might appear on top of the shredded cabbage and replace the cheesecloth. Make sure the cabbage is totally submerged in the brine. Add enough water to cover. Taste the cabbage, and if it seems well on its way to fermentation, transfer it to a cooler spot. The sauerkraut will take at least 10 to 12 days until it is fully fermented. It should have the tangy smell of good kraut when it is ready. Be sure to check and taste it daily.

Transfer the sauerkraut to individual sterilized jars, add at least 1 inch of brining liquid above the cabbage, and seal. It will keep for up to 3 months in the

refrigerator.

Yield: 1 gallon

Latin American Sauerkraut (Curtido)

From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.

1 large cabbage, cored and shredded
1 cup carrots, grated
2 medium onions, quartered lengthwise and very finely sliced

1 tablespoon dried oregano

$\frac{1}{4}$ – $\frac{1}{2}$ teaspoon red pepper flakes

1 tablespoon sea salt

4 tablespoons whey (if not available, use an additional 1 tablespoon salt) This delicious spicy condiment goes beautifully with Mexican and Latin American foods of all types. It is traditionally made with pineapple vinegar but can also be prepared with whey and salt. Like traditional sauerkraut, curtido improves with age.

In a large bowl, mix cabbage with carrots, onions, oregano, red chile flakes, sea salt, and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in two quart-sized, wide-mouth Mason jars and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage mixture should be at least 1 inch below the top of the jars. Cover tightly and keep at room temperature for about three days before transferring to cold storage.

VARIATION: For traditional cortido omit salt and whey and use 4–6 cups pineapple vinegar (see below). Mix all ingredients except pineapple vinegar together in a large bowl and pound lightly. Stuff cabbage loosely into three

quart-sized, wide-mouth Mason jars. The top of the cabbage mixture should be at least 1 inch below the top of the jars. Cover tightly and keep at room temperature for about three days before transferring to cold storage.

Yield: 2 quarts

Pineapple Vinegar From Sally Fallon Morell, Nourishing Traditions, Washington, D.C.

Skin and core from 1 pineapple
2 quarts filtered water

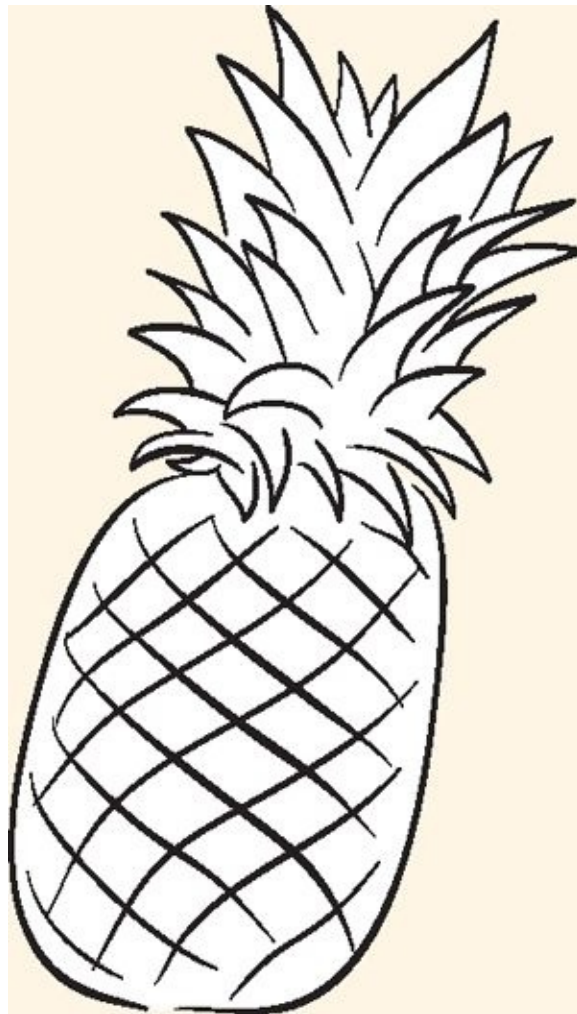
2 teaspoons dried oregano

$\frac{1}{4}$ teaspoon red chile flakes
2 tablespoons whey (optional)

This is a tradition of the West Indies and is used to make cortido (see [page 245](#)).

Place all ingredients in a bowl, cover, and leave at room temperature about 36 hours. Skim and remove pineapple pieces. Strain vinegar into clean jars and cover tightly. This will keep in a cool place for several months.

Yield: 2 quarts



A model and her International Harvester refrigerator, circa 1952. Wisconsin Historical Society / 60356

Glossary

ACID FOODS – foods that contain enough acid to result in a pH of 4.6 or lower. Includes all fruits, including most tomatoes; fermented and pickled vegetables; relishes; and jams, jellies, and marmalades. Excludes figs. Acid foods may be processed in boiling water.

ALTITUDE – a location's vertical elevation above sea level.

ASCORBIC ACID – the chemical name for vitamin C. Lemon juice contains large quantities of ascorbic acid and is commonly used to prevent browning of peeled, light-colored fruits and vegetables.

BACTERIA – a large group of one-celled microorganisms widely distributed in nature. See **MICROORGANISM**.

BLANCHER – a 6 to 8-quart lidded pot designed with a fitted basket to hold food in boiling water, or with a fitted rack to steam foods. Useful for loosening skins on fruits to be peeled and for heating foods to be hot-packed.

BOTULISM – an illness caused by eating toxins produced by the growth of *Clostridium botulinum* bacteria in moist, low-acid food containing less than 2 percent oxygen and stored between 40°–120°F. Proper heat-processing destroys this bacterium in canned food. Freezer temperatures inhibit its growth in frozen food. Low moisture controls its growth in dried food. High oxygen controls its growth in fresh foods.

BRINE – a mixture of salt and water used in pickling.

CANNING – a method of preserving food in airtight, vacuum-sealed containers and heat-processing sufficiently to enable storing the food at normal home temperatures.

CANNING SALT – also called pickling salt, a regular table salt without anticaking or iodine additives.

CITRIC ACID – a form of acid that can be added to canned foods to increase

the acidity of low-acid foods and/or improve flavor and color.

CHUTNEY – a slow-cooked blend of fruit, vegetables, spices, and/or vinegar.

COLD PACK – canning procedure in which jars are filled with raw food. “Raw pack” is the preferred term for describing this practice; “cold pack” is often used incorrectly to refer to foods that are open-kettle-canned or jars that are heat-processed in boiling water.

CONSERVE – a thick jam-like spread containing whole fruit and possibly nuts.

DRY PACK – to pack without added liquid when freezing food.

ENZYMES – proteins in food that accelerate many flavor, color, texture, and nutritional changes, especially when food is cut, sliced, crushed, bruised, or exposed to air. Proper blanching or hot-packing practices destroy enzymes and improve food quality.

EXHAUSTING – removal of air from within and around food and from jars and canners. Blanching exhausts air from live food tissues and is necessary to prevent the risk of botulism in low-acid canned foods.

FERMENTATION – changes in food caused by intentional growth of bacteria, yeast, or mold. Native bacteria ferment natural sugars to lactic acid, a major flavoring and preservative in sauerkraut and in naturally fermented dills. Alcohol, vinegar, and some dairy products are also fermented foods.

HEADSPACE – the unfilled space above food or liquid in jars. This allows for food expansion as jars are heated, and for forming vacuums as jars cool.

HEAT PROCESSING – treatment of jars with sufficient heat to enable storing food at normal home temperatures.

HERMETIC SEAL – an absolutely airtight container seal that prevents entry of air or microorganisms into packaged foods.

HOT PACK – heating raw food in boiling water or steam and filling it hot into jars.

JAM – crushed fruit and sugar processed into a spread.

JELLY – a firm spread of juice and sugar that may have added pectin.

LOW-ACID FOODS – foods that contain very little acid and have a pH above 4.6. The acidity in these foods is insufficient to prevent the growth of the bacterium *Clostridium botulinum*. Vegetables, some tomatoes, figs, all meats, fish, seafood, and some dairy foods are low-acid. To control all risks of botulism, jars of these foods must be heat-processed in a pressure canner or acidified to a pH of 4.6 or lower before processing in boiling water.

MARMALADE – a spread that includes fruit and pieces of peel in a jelly base.

MICROORGANISMS – independent organisms of microscopic size, including bacteria, yeast, and mold. When alive in a suitable environment, they grow rapidly and may divide or reproduce every 10–30 minutes, reaching high populations very quickly. Undesirable microorganisms cause disease and food spoilage. Microorganisms are sometimes intentionally added to ferment foods, to make antibiotics, and for other reasons.

MOLD – a fungus-type microorganism whose growth on food is usually visible and colorful. Molds may grow on many foods, including acid foods such as jams and jellies and canned fruits. Recommended heat-processing and sealing practices prevent their growth on these foods.

MYCOTOXINS – toxins produced by the growth of some molds on foods.

OPEN-KETTLE CANNING – a canning method no longer considered safe. In open-kettle canning, food is supposedly adequately heat-processed in a covered kettle and then filled hot and sealed in sterile jars. Foods canned this way have low vacuums or too much air, which permits rapid loss of food quality. Moreover, these foods often spoil because they become recontaminated while the jars are being filled.

PASTEURIZATION – heating of a specific food to destroy the most heat-resistant pathogenic or disease-causing microorganism known to be associated with that food.

PECTIN – a natural, jelling ingredient derived from apple and citrus fruits and used to make jelly, jam, and other spreads.

PH – a measure of acidity or alkalinity. Values range from 0–14. A food is

neutral when its pH is 7.0. Lower values are increasingly more acidic; higher values are increasingly more alkaline.

PICKLING – the practice of adding enough vinegar or lemon juice to a low-acid food to lower its pH to 4.6 or lower. Properly pickled foods may be safely heat-processed in boiling water.

PRESSURE CANNER – a specifically designed metal kettle with a specially designed lid that forms an airtight seal. Used for heat-processing low-acid foods, these canners have jar racks, one or more safety devices, systems for exhausting air, and a way to measure or control pressure. Canners with 16-to 23-quart capacities are common. Pressure saucepans or cookers with smaller capacities are not recommended for canning.

PROCESSING – heating canning jars to specific temperatures for a specific amount of time to kill bacteria, mold, and yeast. Processing also creates a vacuum seal on canned foods.

RAW PACK – the practice of filling jars with raw, unheated food. Acceptable for canning low-acid foods, but allows more rapid quality losses in acid foods heat-processed in boiling water.

RELISH – a blend of diced vegetables or fruits in a seasoned vinegar solution.

SPICE BAG – a closeable fabric bag used to extract spice flavors in pickling solution.

STYLE OF PACK – form of canned food, such as whole, sliced, piece, juice, or sauce. The term may also be used to reveal whether food is filled raw or hot into jars.

SYRUP – a blend of sugar and liquid used to cover ingredients in a jar before processing.

VACUUM – a state of negative pressure. The higher the vacuum, the less air left in the jar.

WATER-BATH CANNER – a large lidded kettle with jar rack designed for heat-processing 7 quarts or 8–9 pints in boiling water.

WET PACK – to pack fruits in sugar syrup or plain sugar for freezing.

WHEY – the liquid remaining after milk has been curdled and strained. Can be used as a starter culture for lacto-fermentation.

YEASTS – a group of microorganisms that reproduce by budding. Used in fermenting some foods and in leavening breads.

Irma's Resources for Canning, Pickling, and Freezing Let me introduce our recipe contributors.

I hope you will use these resources for information about canning, recipes, instructional manuals, videos, podcasts, equipment, and much more.

Happy canning!



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USEFUL LINKS

Canning

Cooperative Extension System Office Locator –

www.csrees.usda.gov/Extension

National Center for Home Food Preservation – www.uga.edu/nchfp

PickYourOwn.org

Preserve Food – www.preservefood.com

U.S. Department of Agriculture – www.usda.gov

Farmers Markets

Farmers Market Coalition – www.farmersmarketcoalition.org

Farmers Markets and Local Food Marketing –
www.ams.usda.gov/AMSV1.0/farmersmarkets

Local Harvest – www.localharvest.org/farmersmarkets

Historical

The McCormick–International Harvester Company Collection, Wisconsin
Historical Society www.wisconsinhistory.org/libraryarchives/ihc

About Irma

“International Harvester’s Irma Harding,” by Kevin Darst –
www.nationalihcollectors.com/PDF/IrmaHarding_Dec1995.pdf

(For more information on Irma Harding, visit irmaharding.tumblr.com)

National International Harvester Collectors Club –
www.nationalihcollectors.com

Equipment and Supplies

Amazon.com

Canning Pantry – www.canningpantry.com

CanningUSA.com

FoodSaver – www.foodsaver.com

Jarden Home Brands – www.freshpreserving.com/home.aspx

KitchenKrafts – www.kitchenkrafts.com

Mrs. Wages – www.mrs.wages.com

Pressure Canners

AllAmericanCanner.com

National Presto Industries – www.gopresto.com

Pressure Cooker Outlet – www.pressurecooker-outlet.com

Dehydrators

Excalibur Products – www.excaliburdehydrator.com

Harvest Essentials – www.harvestessentials.com

National Presto Industries – www.gopresto.com

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– Marilyn McCray

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For urban farmers, foodies, and chefs who want to preserve garden-fresh vegetables at home, *Canning, Pickling and Freezing with Irma Harding* offers modern techniques and tasty recipes from heartland farms.

In *Canning, Pickling and Freezing with Irma Harding*, Austin writer Marilyn McCray offers readers step-by-step instructions on how to preserve fresh foods. The book not only explains canning, pickling, and freezing but goes further to cover smoking, fermenting and curing of fresh fruits, vegetables, and meats as well.

The book includes an amazing array of creative recipes provided by food artisans, chefs, and farms from across the country. These recipes cover timeless favorites like bread & butter pickles and canned tomatoes and takes risks with pickled beets and pickled hot peppers. Among the recipes inside the book are tasty salsas, relishes and chutneys. A variety of Jams and Jellies included range from strawberry and pear-apple jam to an exotic smoked tomato jam. In addition to traditional recipes, discover how to make three different kinds of sauerkraut and a variety of pestos.

Readers are guided through the book by Irma Harding, a fictional spokesperson for appliances produced by International Harvester during the 1950s. The book features old advertisements and period photographs, as well as a brief history of Irma and her ever-so-collectible vintage appliances and memorabilia. Most importantly, this cookbook is packaged with timeless step-by-step techniques and tasty, interesting recipes. If you love garden-fresh food, this book is for you.

ABOUT THE AUTHOR

Marilyn McCray is deeply involved in the organic food movement and local farming community within Austin, Texas. She is a self-confessed foodie and has contributed to *edibleAustin*, *Austin Woman*, and more.

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